

# Bavarian News

Vol 4. Nr. 21

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

October 29, 2008

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Grafenwoehr  
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## REDEPLOYMENT SERIES

Find out how you can  
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# 41st Trans. welcomed home



Laila Prado, the daughter of Sgt. Simon Prado, shows her support Oct. 15 at the 41st Transportation Company welcome home ceremony in Grafenwoehr.

## Family, friends greet loved ones after 15-month separation

Story and photo by  
MARY MARKOS

*Bavarian News*

After 15 months and four long hours of waiting, Joyce Manning and sons, Payton, 13; Parris, 14; and Phillip, Jr., 18, rushed across the Grafenwoehr Performing Arts Center Oct. 15 to embrace Staff Sgt. Phillip Manning.

Staff Sgt. Manning and 118 others from the 41st Transportation Company, 18th Combat Sustainment Support Battalion redeployed from Iraq in the early morning hours after a tour of duty in which they provided support and supplies throughout Baghdad.

The redeployment wrapped up the third combat mission for Staff Sgt. Manning and the 41st Transportation Company since 2003.

"This was our third deployment in five years," said Spc. Jeremy Bryson. "We've not lost a Soldier to casualty or fatality in all three (Operation Iraq Freedom missions) that we've been on. That's a major accomplishment."

Based out of Taji, Iraq, the Soldiers distributed supplies throughout Baghdad to other forward operating bases, averaging several convoy logistics patrols (nine-10 trucks) a night.

"One of the main missions was the movement of barriers throughout Baghdad, supporting the combat forces there as they try to control movement throughout the city," said Lt. Col. Edward English, 18th Combat Sustainment Support Battalion rear detachment commander. "Additionally, they supported on the FOB life support missions and the movement of multiple classes of supply in their area."

Veteran Donald Cannon, understands the importance of support units such as the 41st.

Cannon, along with Veterans of Foreign War Grafenwoehr Post 10692 Commander James Holliman and veteran Kurt Spohr, provided refreshments to families as they waited for the Soldiers to return.

"I've been in support units when I've deployed," he said. "You can't fight the battle without support... We all went down to fight as a group."

The group of family and friends waiting for the Soldiers' return expressed similar feelings, and said support units should not be overlooked as their combat counterparts redeploy.

"The community needs to know that, although 41st isn't part of a brigade deployment that they went downrange and did their mission in an exemplary manner. As such, these Soldiers deserve recognition, too," English said.

"The Strykers did a good job, but the 41st Trans. was there too. They were there to support. Without their support... it would not have come together," Joyce Manning said.

Following their return home, the Soldiers underwent a seven, half-day reintegration program before going on block leave. More than 30 percent of the Soldiers are expected to have permanent changes of station in January.

# Sky Soldiers decorated for fighting against odds during deadly ambush

Story and photo by  
KIMBERLY GEARHART  
*Bavarian News*

They came to do a village assessment and secure three bridges just three kilometers from Kamu, Afghanistan, July 27, 2007, but B Troop, 1st Squadron, 91st Cavalry (Airborne) instead engaged in an all-day fire fight which claimed its troop commander and one of its non-commissioned officers, and wounded half of its remaining forces.

Capt. Alex Newsom, Capt. David Roller, and Capt. John Meyer, then all first lieutenants, had to take over and lead their troops without a commander in the battle against a vastly larger enemy force.

They would earn a Silver Star, Bronze Star with Valor, and a Bronze Star for their actions. The Silver Star and Bronze Star with Valor are the third- and fourth-highest military decorations for valor in combat.

Staff Sgt. Robert Fortner, a sergeant and the platoon medic at the time, would put himself at great personal risk to aid the wounded, saving lives in the middle of an intense battle, taking wounds himself and

refusing evacuation. Staff Sgt. John Faulkenberry, with disregard for his own well-being, went out of the way to discover and secure a fallen comrade.

Fortner earned a Silver Star; Faulkner a Bronze Star with Valor.

Roller arrived 24 hours early with a 10-man team, establishing an observation post position above the village.

"This was a part of a much-larger squadron mission to securing bridges ... in the area. We were supposed to be there for seven days," Roller said.

His team was to secure the area and relay information to the command in preparation for the village visit.

In the early morning of July 27, 2nd Platoon and a Headquarters element, including Capt. Thomas Bostick, company commander, arrived to meet with village elders before moving on to secure a bridge beyond Roller's line of sight.

"We came to a foot bridge where the Afghan National Army had been fired upon before, and they sent some people to check it out," Fortner, who was with the village assessment group, recalled.

The ANA soldiers began taking fire, light at first, then expanding.

"I couldn't tell you who was shot first. It was pretty fast. It went from a few pop shots to a full-blown fight," Fortner said.

Just a kilometer away, Roller's team on the high ground could see the fight unfold below them, but had little time to respond to help, as they too began receiving fire from enemy forces.

"This was a massive effort, to take us all on like that," Roller said.

Both he and Newsom believe the attack was a planned ambush by the villagers themselves.

"They at least knew what was going on," he said.

Back in the thick of the battle, ANA and Cav Soldiers were down, and Fortner was tending the wounded. Running between stabilizing a Soldier with a gunshot wound and two with shrapnel wounds, Fortner himself was shot.

"(The enemy) knew I was important because I didn't drop my

aid bag," he explained, noting that in Afghanistan, the insurgents often targeted those with bags and radio antennas.

Fortner continued aiding his wounded, and when Newsom's Quick Reaction Force arrived to evacuate the wounded, Fortner refused to leave.

"If we weren't out, I wasn't going to go," he said.

After the fighting ended, Fortner's uniform was full of bullet holes, burns, and tears from attacks directed at him as he performed his duties as medic.

A through-and-through hole in his sleeve and a groove in the sole of his boot—both from bullets—attested to just how close some of those shots came.

"It was just luck" that kept him alive, Fortner said.

Newsom's QRF made its first foray into battle to evacuate the wounded, including the Soldiers under Fortner's care and Spc. Tommy Alford, who was wounded defending his

See HEROES Page 27



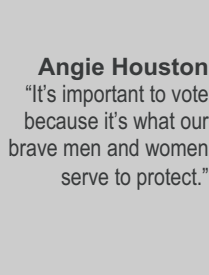
# Q&A

## Why is it important to vote?

(Responses from Schweinfurt personnel)



**2nd Lt. Nate Kaminski**  
"It's simple: your vote counts!"



**Angie Houston**  
"It's important to vote because it's what our brave men and women serve to protect."



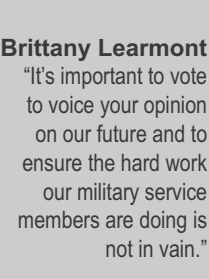
**Spc. Antonio Woodard**  
"It's important to vote because I like to be involved, and you don't have that many rights as it is so you might as well exercise it. Use all the power you get."



**Meredith McKenzie**  
"We need to vote because we're one of few countries who truly have the right to participate in our government."



**1st Lt. Arthur Athens**  
"I think it's important to vote because everyone can make a difference. By voting you have a direct impact on the outcome of the nation's leadership."



**Brittany Learmont**  
"It's important to vote to voice your opinion on our future and to ensure the hard work our military service members are doing is not in vain."



**Sgt. 1st Class Louis Perez**  
"It's important to vote because it is our duty. If you don't vote, you don't matter. Unfortunately, people don't vote like they should."

## COMMANDER'S MESSAGE

# The frost is on the pumpkin. Know the adverse weather plan?

**W**inter is around the corner and it is time to get out the coats and snow shovels, and review our winter operating procedures.

We are now focusing on winter driving and assessing our road and sidewalk hazards in preparation for snow removal and community weather delays.



In mid-October, the garrison leadership conducted an "Inclement Weather Rock Drill" that essentially wargamed Mother Nature and the actions that the garrison will take to continuously evaluate road conditions to ensure we maintain a safe community in times of heavy snowfall or ice accumulation.

The staff is in the process of refining the lessons from this review and will release an adverse weather plan with details for the community.

We are now watching the

weather to anticipate snow and ice conditions. Community law enforcement and our German Polizei liaison will serve as our sensors to monitor key roads that pose the greatest risk to automobiles and school busses.

When road conditions change, the staff will recommend to either close the post, execute a weather reporting delay, or initiate early release.

As the garrison commander, I will make the final decision based on a host of factors. We are mindful of when snowplows need to start working and when our school busses need a decision.

The key to all of this is a clear message that is issued automatically across a number of mediums to include our garrison Web site, TV, radio, and an automated call-in phone line.

The decision applies to the workforce, tenant units, and our schools, and to keep communications simple, we will not distinguish between specific units or activities.

During delay or closure, only key and essential functions will continue. These include emergency and snow removal crews, guard force, and dining

facilities to feed our on-post Soldiers.

We ask that you adhere to the delay or cancellation so that we can clear the roads and parking lots for your safety.

While it seems straightforward, our garrison has changed from last winter and we are adapting to new housing areas, more people, and more cars.

Please pay attention to upcoming news announcements as to how we will execute our plan. Road conditions can vary widely across the area on and off post where our folks live.

We ask that you anticipate conditions along your particular route, and prepare accordingly for when the frost on the pumpkin turns to ice and snow on the roadways.

On a separate note, please take advantage of our community clean up week Nov. 2-7.

This community-focused effort

serves to improve our overall appearance and quality of life.

Use this opportunity to clean our spaces and places and easily discard bulk items.

Finally, I ask our Soldiers, Families and DoD Civilians to complete the Customer Management System survey located on our garrison homepage at [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil).

This survey addresses many of the garrison's functions, and we ask that you rate the importance of the functions, as well as your satisfaction of those that directly apply to you.

We will use your input to focus our capabilities and services. Thank you!

*Col. Chris Sorenson  
Commander, U.S. Army  
Garrison Grafenwoehr*

## CSM CORNER

# Welcome home 41st Transportation

**I** again have the pleasure of welcoming home another honored unit—the 41st Transportation Company, 18th Combat Sustainment

Support Battalion.

This unit of brave men and women supported combat forces in Iraq, distributing supplies throughout Baghdad to forward operating bases and averaging several convoy logistics patrols (9-10 trucks) a night. I thank each of you for your service to a grateful nation!

### Small courtesies

As our family members and battle buddies reintegrate, I ask everyone to pay special attention to small courtesies that will help make returning Soldiers feel as welcome as possible.

### It's not too late to vote!

I urge everyone—Soldiers, civilians, and personnel—to exercise their right to vote. For residents of several states (See Page 4), it is not too late to register.

I encourage each of you to take seriously your right to vote. That right is outlined in the U.S. Constitution, which we have sworn to defend.

### Winter weather

As cold temperatures quickly approach, motorists must make winterizing their vehicles a priority in order to avoid accidents. (See Page 8 for an article to help jumpstart the process!)

### Fall Clean Up

Bavaria is world renowned as one of the cleanest and most scenic regions in Germany. Let us not discredit this honored reputation by not doing our part to keep it clean.

On Nov. 3 beginning at 9 a.m., residents

and personnel are expected to perform cleanup in and around (up to a 50-foot perimeter) housing areas, grounds, common areas and Soldier quarters.

Soldiers should report to their building coordinator to receive cleanup instructions.

On Nov. 5 beginning at 9 a.m., the second phase of Fall Clean Up will commence with policing trash, sweeping lots and curbs, mowing and general beautification.

### Your opinion counts

If you don't think your opinion matters, think again. A new customer service survey that will allow Soldiers, civilians, retirees, and family members to rate the performance of garrison organizations is posted at [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil) through Nov. 7.

The Army wants to provide you with the quality of life that matches the quality of service you provide our nation. This survey, which has been tested at several Stateside installations has resulted in a lot of positive changes for the community.

Give us a chance to address the issues you care about by filling out the survey today.

### Crown Jewel kudos

A big congratulations and thank-you goes to the planners and volunteers of our community spouses clubs' largest fundraiser of the year—the Crown Jewel Bazaar.

Thanks to your support, the Vilseck and Grafenwoehr community spouses clubs will again be able to funnel back several thousand dollars back into the community.

This money will be seen in the form of welfare disbursements; scouting, sporting and school needs; college scholarships; and many other donations and assistance throughout the community.

**Let us not discredit this honored reputation by not doing our part to keep it clean.**

### Native American Indian Heritage

During the Month of November, we will be celebrating the Native American Indian Heritage Month.

Since the Revolutionary War, Native Americans and Alaska Natives have played a vital role in our country's freedom and security. They proudly serve in all branches of America's Armed Forces.

During this observance, we celebrate our continuous commitment to respect and preserve the rich Native American traditions and cultures, and honor the many contributions and accomplishments of American Indians and Alaska Natives.

Volunteers are needed to share this remarkable ethnic observance.

To help out or for more information, contact JMTC EOA, Master Sgt. Brown at DSN 475-8038.

### Patience, please

Motorists are asked to be patient and respectful toward our gas station attendees as we transition from the fuel coupon system to the new card system.

In order to prevent us from paying economy fuel prices, the U.S. Army with the help of AAFES and the German government, is instituting the fuel card system.

This new system is a better protection against theft and other fuel-purchase related infractions that could result in the community losing its privilege to purchase fuel at the much cheaper U.S. rates. The keyword is "privilege."

Let your attitude and actions make you a proud ambassador of the United States!

*Command Sgt. Maj. William Berrios  
CSM, U.S. Army  
Garrison Grafenwoehr*

# Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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# Overseas troops may be best suited to select next president

by **CHRISTIE VANOVER**  
*USAG Benelux Public Affairs*

During this election cycle, servicemembers living abroad may be the most qualified to elect the next commander in chief – not because they will serve and deploy under him, but because they may have been exposed to the most neutral media coverage in this contentious presidential election.

They are not harassed by biased telemarketers or presidential supporters going door-to-door. Their street corners and lawns aren't littered with campaign signs.

Protestors aren't spewing opinionated hate at people walking down the street. And vandals can't destroy party headquarters as Democrats and Republicans don't bother to set up shop here.

At the workplace, political conversations may include water cooler banter, but other than that, the regulations are clear. service members must follow Department

of Defense Directive 1344.10 and civilian employees are restricted by Hatch Act Amendments (5 USC 7321-7326).

Perhaps most importantly, servicemembers living abroad are not exposed to negative campaign ads that flood the airwaves in the states. Ads that the New York Times calls "lies and vicious" and the

Washington Post calls "nasty and excessive."

So what makes troops half a world away so qualified to select our country's next leader, if they're missing all the action? It's the balanced messages that they do see and hear.

In general, military homes overseas receive

television from the Armed Forces Network, a DoD-run broadcast service that combines military command information, entertainment programming and local, national and international news.

AFN's commercial-free service includes 10 channels. Along with a sports, movie and family channel, one channel is devoted entirely to

news. This is where the neutrality comes to play. It's not all FOX News, which some consider right wing, and it's not all CNN or MSNBC, which some say has a liberal bias.

Weekdays, on AFN News, the audience gets two hours of PBS news, five and a half hours of MSNBC/NBC news, six hours of CNN and eight hours of FOXNews. Primetime news is split with CNN getting the hours of 7-9 p.m. and FOXNews from 9-11 p.m.

Along with news from the affiliate's live desks, the AFN News network broadcasts shows like "Countdown with Keith Olberman" (MSNBC), "The O'Reilly Factor" (FNC), "Anderson Cooper 360" (CNN), "The Newshour with Jim Lehrer" (PBS) and 30 minutes of evening news from ABC, CBS and NBC. The network also broadcasted each presidential debate live.

On AFN's other networks, entertainment shows vary, but all include the late night comedians Jay Leno and David Letterman, whose stand-ups are engulfed by political humor that pick on each candidate.

As for radio broadcasts, AFN has that covered, as well, offering both talk radio and music channels.

In Europe, scattered between talk shows about cars, parenting and sports, listeners receive one hour of

conservative Rush Limbaugh, one hour of liberal Ed Shultz and four hours of NPR.

In the Pacific region, along with four hours of NPR, listeners get an hour from liberal hosts Schultz and Alan Colmes and an hour from conservative hosts Limbaugh and Sean Hannity.

For those who think the neutral balance of media limits a person's judgment, on the contrary, it broadens their perspectives.

When living in the States, our opinions and beliefs seldom shift because we don't want to hear the other side. We don't have to hear the other side. With hundreds of TV and radio channels to choose from, the voice of an annoying comedian or talk show host is enough to trigger a remote-frenzied reaction.

But on the other side of the world – where we have the opportunity to look at our beloved country from an outsider's perspective – we are exposed to positive coverage about both candidates. If Airmen, Marines, Sailors and Soldiers, with one point-of-view, hear something intriguing from a host with the opposite point-of-view, they have the power of the Internet at their fingertips to become their own investigative journalist and to seek the truth.

As a journalist, I look at any government-controlled media with a

cautious eye, but AFN is uncensored and unbiased. Aside from the 30-second commercials that remind people about force protection and Army values, it's reminiscent of the good-old-days where we had to get up to change the channel – but there were only four to choose from, so it didn't take long. The news was investigative, informative and accurate. It wasn't filled with people who just like to hear themselves talk.

While the non-military news on AFN is modern day and filled with talking heads, the less is more concept works to the servicemembers' advantage. It streamlines the important messages that ease the decision to elect the man that will control their professional futures and possibly their lives.

Now that we are equipped and ready with the balanced, informative news to make that decision, there is only one step left to take, VOTE. Absentee ballots are arriving, and the deadline to mail them back to the States is literally days away.

Don't let all this useful information and the freedoms of democracy that you fight so hard to give other countries go to waste.

For more information about AFN, visit [myafn.dodmedia.osd.mil](http://myafn.dodmedia.osd.mil). For more information about voting overseas, visit [www.fvap.gov](http://www.fvap.gov)



# Every American should visit a Warrior Transition Unit. Find out for yourself!

*Care requirements of wounded troops, Army ethos prompts creation of WTU*

by **Col. JIMMIE O. KEENAN**  
*Army News Service*

As a Soldier, officer, trauma nurse, military spouse and mother, I live every aspect of Army health care, and I know what works and what doesn't.

Nothing is more disappointing than to see other people doubt what the Army is doing to take care of wounded, ill and injured Soldiers without having the facts right.

It might not make the headlines, but Soldiers taking care of Soldiers is what we do. It's our ethos, it's our passion, and it's our job.

Since the war on terrorism began, the Army faced the necessity of putting into place the infrastructure to handle the extraordinary number of outpatients a protracted war generates.

I know I certainly did not see the attack of Sept. 11, 2001 coming, nor did the Army medical system. We also did not expect to be into our seventh year of war.

Once we realized the care requirements an ongoing war placed on the Army, we moved quickly to bring about needed changes. In less than a year, we developed and opened 35 Warrior Transition Units, or WTUs, and nine Community Based Health Care Organizations to provide the necessary support structure to care for the more than 30,000 wounded, ill, and injured Soldiers we have treated since the war began.

Today, we provide health care, counseling,

and leadership support along the entire continuum of care, all within an environment mirroring the Soldier's former unit.

This care goes beyond medical care and includes specialized help with personal relationships, stress management, counseling, and a whole range of offerings aimed at encouraging each warrior to take positive steps toward overcoming adversity.

This effort is done in conjunction with the Army's Soldier Family Assistance Centers, which are specifically designed to offer recovering Soldiers and their families education, vocational, and financial services. Veterans Benefits Administration counselors also provide support at these centers.

We have come as far as we have because we listened to our Soldiers, and our medical and personnel professionals. We continue to gather their thoughts and ideas to further transform the system to make it more

responsive. We conduct town hall meetings, make available to Soldiers and their families ombudsmen who are able to cut through mountains of red tape to provide needed assistance, and operate a 24-hour-a-day hotline (1-800-984-8523) to provide two-way communication with our Soldiers and their families.

This is not an example of an organization in denial - it's proof that we are agile, adaptable, and responsive.

Today these WTUs provide our wounded, ill, and injured Soldiers more personalized care than ever before in our history. We ask these soldiers to focus on their healing, and, in turn, we offer them a familiar environment of support, focus, and discipline.

As we wrapped our arms around all Soldiers with complex medical issues, the WTU population grew. It grew because we added Soldiers into the program whether they were injured in combat, had a sports injury, or were going through the medical evaluation system.

We felt that this approach was the morally right thing to do, and yet over and again I see

**“This is not an example of an organization in denial - it's proof that we are agile, adaptable, and responsive.”**



**Spc. Nicholas Williams, who was wounded in Iraq in July 2007, works out with his new prosthetic leg at Walter Reed's Military Advanced Training Center, which opened in September 2007.**

the Army being criticized for doing what is right.

We need to work on how we communicate our story to the American public and the media because I find the coverage to be off target.

We may not be exactly where we want to be today, but we are working hard to get there.

The healing process takes all of us. Recently, I met a 14-year-old daughter of a Soldier who was wounded in combat, and

she told me that when her dad was wounded, their whole family was wounded and needed to heal. These wounds, illnesses, and injuries touch families, communities and industries - all of us.

I would encourage every American to visit a WTU or become a volunteer to help our wounded, ill and injured warriors and our nation heal.

To sign up, visit <http://giftstoarmy.army.mil>.



# Thank you for your service!

*The U.S. Army Garrison Grafenwoehr and 7th Army Joint Multinational Training Command recognized its employees for their length of service during an Oct. 17 ceremony at Grafenwoehr's Tower View Restaurant. The employees are listed below by name, unit, and residence:*

**45 Years:**  
Mr. Albert Schunk, USAG Grafenwoehr, Grafenwoehr

**40 Years:**  
Mr. Edward Pontoon, U.S. Army Mission Spt Elem, Vilseck  
Mr. Johann Mueller, USAG Grafenwoehr, Grafenwoehr  
Mr. James H. Dicks, USAG Grafenwoehr, Tanzfleck  
Mr. Eli Guerrero, USAG Grafenwoehr, Vilseck  
Mr. Wolfgang Knauer, USAG Grafenwoehr, Eschenbach  
Mr. Adolf Kraus, USAG Grafenwoehr, Eschenbach  
Mr. Konrad Mark, USAG Grafenwoehr, Grafenwoehr  
Ms. Gabriele Preinl, CHRA ,Grafenwoehr

**35 Years:**  
Ms. Judith J. Geraghty, 7th Army JMTC, Grafenwoehr  
Mr. Anton Hammerl, USAG Grafenwoehr, Pressath  
Mr. Oran P. Blevins, USAG Grafenwoehr, Pressath  
Mr. Guenther Melzig, USAG Grafenwoehr, Vilseck  
Mr. Friedrich Honsberg, USAG Grafenwoehr, Pressath  
Mr. Werner Richter, USAG Grafenwoehr, Grafenwoehr  
Mr. Norbert Geyer, USAG Grafenwoehr, Kirchenthumbach  
Mr. Peter Schopf, USAG Grafenwoehr, Grafenwoehr  
Mr. Georg Hoesl, Contracting Command, Pechhof

**30 Years:**  
Mr. Jack B. Rider, 7th Army JMTC, Grafenwoehr  
Mr. Timothy M. Noall, 7th Army JMTC, Grafenwoehr  
Mr. Josef Steger, 7th Army JMTC, Kirchenthumbach  
Mr. Stefan Farago, USAG Grafenwoehr, Grafenwoehr  
Mr. Byron Dickman, USAG Grafenwoehr, Grafenwoehr

Mr. Theodor Arnold, USAG Grafenwoehr, Grafenwoehr  
Mr. Georg Nuernberger, USAG Grafenwoehr, Eschenbach  
Ms. Rosemarie Wiesheu, USAG Grafenwoehr, Hahnbach  
Mr. Hans Kuehner, USAG Grafenwoehr, Dietersdorf  
Mr. Waldemar, Hassfurth, Neusorg  
Mr. Hermann Roemisch, Logistics FAO-Europe, Pressath  
Mr. Reinhold Neubauer, Weiden  
Mr. Bernward Kriegler, Stoernstein

**25 Years:**  
Mr. Alan L. Goldberg, 7th Army JMTC, Grafenwoehr  
Mr. Egon R. Hatfield, 7th Army JMTC, Grafenwoehr  
Ms. Silvia Apfelbacher, 7th Army JMTC, Freihung  
Ms. Gabriele Spaeth, 7th Army JMTC, Kaltenbrunn  
Ms. Christine Lorenz, 7th Army JMTC, Diessfurth  
Mr. Rudolf Adelhardt, 7th Army JMTC, Vorbach  
Mr. Werner Kadur, 7th Army JMTC, Freihung  
Mr. Ronald A. Biederman, USAG Grafenwoehr, Grafenwoehr  
Ms. Doris Harshaw, USAG Grafenwoehr, Grafenwoehr  
Mr. Bernd Fischer, USAG Grafenwoehr, Grafenwoehr  
Mr. Andreas Miedl, USAG Grafenwoehr, Kaltenbrunn  
Mr. Alois Adelhardt, USAG Grafenwoehr, Sassenreuth  
Mr. Neville R. Paschall, USAG Grafenwoehr, Vilseck  
Ms. Pia Puzich, USAG Grafenwoehr, Eschenbach  
Ms. Monika Weiss, USAG Grafenwoehr, Froschau  
Ms. Michaela Weidinger, USAG Grafenwoehr, Speichersdorf  
Mr. Robert Riedl, USAG Grafenwoehr, Eschenbach  
Ms. Anna Keanaaaina, USAG Grafenwoehr, Schwarzenbach  
Mr. Roland Duerr, USAG Grafenwoehr, Grafenwoehr  
Ms. Sigrid Allen, USAG Grafenwoehr, Grafenwoehr  
Ms. Franziska Siegert, USAG Grafenwoehr, Gressenwoehr  
Mr. Manfred Henfling, USAG Grafenwoehr, Gruenhof  
Ms. Petra Duetsch, USAG Grafenwoehr, Pechhof  
Mr. Josef Gruenauer, USAG Grafenwoehr, Huetten  
Mr. Robert Leuschner, USAG Grafenwoehr, Mantel  
Mr. Ludwig Gruenwald, USAG Grafenwoehr, Eschenbach  
Mr. Wolfgang Morgeneier, USAG Grafenwoehr, Weiden  
Ms. Martina Denison, USAG Grafenwoehr, Weiherhammer  
Ms. Sybille Gebhardt, USAG Grafenwoehr, Speichersdorf  
Mr. Rudolf Eichermueller, USAG Grafenwoehr, Pressath  
Mr. Hermann Dollmantel, USAG Grafenwoehr, Menzlas  
Mr. Rudolf Pieleck, USAG Grafenwoehr, Weiden

Mr. Daniel Heinlein, USAG Grafenwoehr, Neustadt am Kulm  
Ms. Brigitte Graml, USAG Grafenwoehr, Amberg  
Mr. Konrad Bauer, USAG Grafenwoehr, Hahnbach  
Mr. Wolfgang Kraus, USAG Grafenwoehr, Vilseck  
Mr. Herbert Dunskus, USAG Grafenwoehr, Amberg  
Mr. Harald Mueller, USAG Grafenwoehr, Weiden  
Mr. Werner Ehras, USAG Grafenwoehr, Edelsfeld  
Mr. Norbert Domes, USAG Grafenwoehr, Poppenricht  
Mr. Richard Mandl, USAG Grafenwoehr, Gmuend  
Mr. Georg Lappe, USAG Grafenwoehr, Poppenricht  
Mr. Siegbert Goss, Kirchenthumbach  
Mr. Robert Schoecklmann, 69th Signal Battalion, Oberbibrach  
Mr. Wolfgang Hochholzer, Contracting Command, Pressath  
Ms. Patricia M. Scharninghausen, MEDDAC, Grafenwoehr  
Mr. Achim Schaffner, Logistics FAO-Europe, Freihung  
Ms. Gerlinde Stopfer, Logistics FAO-Europe, Eschenbach  
Mr. Franz Dirmeier, Logistics FAO-Europe, Grafenwoehr  
Mr. Hermann Luber, Kleinalbershof  
Mr. Richard Gradl, Kaltenbrunn  
Ms. Christine Andraschko, Schlicht  
Mr. Hans Meiler, Edelsfeld

**20 Years:**  
Mr. David W. Darnall, 7th Army JMTC, Grafenwoehr  
Mr. James D. Rogers, 7th Army JMTC, Grafenwoehr  
Mr. Thomas Gradl, U.S. Army Airfield Ops Act-EUR, Speinshart  
Ms. Michaela Heitzer, USAG Grafenwoehr, Menzlas  
Ms. Monika Daugherty, USAG Grafenwoehr, Grosskotzenreuth  
Ms. Anneliese Dumlér, USAG Grafenwoehr, Grafenwoehr  
Ms. Brigitte Ertl, USAG Grafenwoehr, Vilseck  
Ms. Claudia Neubauer, USAG Grafenwoehr, Vilseck  
Mr. Christian Paulus, USAG Grafenwoehr, Kirchenthumbach  
Ms. Renate Neaverth, USAG Grafenwoehr, Wackersdorf  
Mr. Claus-Dieter Englhardt, USAG Grafenwoehr, Ursensollen  
Mr. Franz Wismeth, USAG Grafenwoehr, Hahnbach  
Mr. Hermann Stauber, USAG Grafenwoehr Wernberg  
Ms. Christine Arnold, DECA, Grafenwoehr  
Ms. Incha Y. Robson, Logistics FOA-Europe, Grafenwoehr  
Mr. Harald Held, Logistics FOA-Europe, Eschenbach  
Mr. Werner Beck, 66th Military Intel Group, Weiden  
Ms. Margit Maisel, CHRA, Oberbibrach

## Army post offices in Europe offer free express mail delivery of last-minute absentee ballots

by **Spc. FABIAN ORTEGA**  
*USAREUR Public Affairs*

For overseas voters, participation in this year's election began when they requested absentee ballots from their hometown election officials earlier this year. Some voters have signed, sealed and had their ballots delivered with time to spare. For others who have not received their ballots or mailed them before their state's recommended mailing deadlines, there is still plenty of time to get ballots delivered in time for the upcoming election, said Lt. Col. Harry Turasz, U.S. Army Europe voting assistance officer.

"If overseas voters have not received their ballots yet, they should expect them any day soon. If not, they should go see their voting assistance officers to fill out a form for a provisional ballot," Turasz said. "If they should receive their ballots from their county election office in the next several days, all the (Army Post Offices in Europe) are providing free express mail delivery starting Oct. 29 through Nov. 4, in order to get the ballots back to county election commissions by state deadlines." As Election Day draws near and the rush to the post office grows, voters also have the opportunity to track their votes at no cost with help from their APO, said Bill Hilsher, USAREUR postal program

manager. "This is the first year the Military Postal Service Agency is offering 'intelligent bar code' mail tracking," said Hilsher. "All (customers) need to do, if they want the intelligent mail bar code, is present their ballot at an APO. "A postal clerk will affix an intelligent mail bar code to their ballot and give them a card with information explaining how to go online and track their vote," he said. For more information on absentee ballot voting see your unit or community voting assistance officer or visit the Federal Voting Assistance Program Web site at [www.fvap.gov](http://www.fvap.gov).



**All APOs in Europe are providing free express mail delivery today through Nov. 4.**

## It's not too late; use the federal write-in absentee ballot today

*FVAP news release*

In many states there may still be time for registration and voting. Military and overseas citizens should contact their Voting Assistance Officer or visit the Federal Voting Assistance Program Web site at [www.fvap.gov](http://www.fvap.gov) to determine if registration is still open and what alternative methods (fax, e-mail, Web site) the state allows for expediting submission of the registration and absentee ballot request, delivery of the ballot, and return of the voted ballot. Federal law provides a "back-up"

or emergency ballot, called the Federal Write-In Absentee Ballot. If you have submitted an FPCA to register to vote and/or request an absentee ballot in the past four years and have not yet received your state absentee ballot in time to be returned to the local election official by the deadline, military, and overseas citizens may use the FWAB, available online at [www.fvap.gov](http://www.fvap.gov) and at military installations, embassies and consulates worldwide. Generally, a citizen can use the FWAB under the following conditions:

- \* Be stateside but absent from his/her voting residence (for uniformed services members and their family members); OR be located outside the United States; AND
- \* Have requested a regular ballot early enough so the request is received by the appropriate local election official not later than the state deadline; OR the date that is 30 days before the general election, whichever is shorter; AND
- \* Have not received the requested regular absentee ballot from the state.

To complete the Federal Write-In Absentee Ballot:

1. fill out and sign the declaration affirmation (information sheet)
2. write in your candidate choices on the ballot
3. submit the declaration affirmation and the Federal Write-In Absentee Ballot to your local election official by mail, fax, or e-mail depending on what your state allows.

A citizen who receives their state ballot after submitting a FWAB should also vote their state ballot, and return it to their local election official,

up to and including Election Day. If both ballots arrive in time to meet the state's deadlines, local officials have procedures in place so that only one ballot is counted. Questions regarding this news release may also be referred to the Director, Federal Voting Assistance Program, Department of Defense, 1155 Defense Pentagon, Washington DC 20301-1155. The FVAP can also be reached via e-mail at [vote@fvap.mcr.gov](mailto:vote@fvap.mcr.gov). Visit the FVAP Web site at [www.fvap.gov](http://www.fvap.gov).

## Equal access to federal services available to disabled Soldiers, civilians

*USAG Graf EEO Office*

"I am happy to see that someone is still fighting for the future of our Soldiers after the Army," said 1st Sgt. Paul M. Ninelist after attending a presentation by Dinah F.B. Cohen, director of the Department of Defense Computer Electronics Accommodations Program Oct. 22. Cohen spoke to Warrior Transition Unit Soldiers and civilian employees at the Vilseck Chapel. Her presentation on employment opportunities and assistive technology for individuals with disabilities was well received by attendees. "It was a lot of great information with good resources for Soldiers in Germany," WTU Soldier Sgt. Stephen Morgan. Spc. Randall Ramsey said, "This program

is really helpful to veterans with a disability. And to Soldiers. My friend lost his leg in Iraq. He used the program and is still on active duty; now he's at For. Hood. "I liked the examples she showed of Soldiers using the software," said Ramsey, "especially the Soldier who couldn't speak because of brain damage. But after eight months he was able to tell his wife he loved her." "It was very good information for civilian employees and Soldiers," said USAG Grafenwoehr Human Resources Director Mary Cooper. "We can use the special hiring authority provision throughout the garrison." Cohen explained that U.S. personnel policy under a "Schedule A" authority allows the non-competitive hiring of a qualified person with a targeted disability. Educational and Developmental Intervention

Services Program Manager Karen Vojtecky asked if another special hiring program for individuals with disabilities presented by Cohen, the Workforce Recruitment Program for College Students, could be used for local high school graduates with disabilities who might stay in Europe. Cohen explained that "the recruitment program doesn't just apply to college students, any qualified individual can apply." Cohen's visit was hosted by USAG Grafenwoehr in conjunction with October as National Disability Employment Awareness Month. USAG Grafenwoehr Commander Colonel Chris Sorensen gave Cohen a certificate of appreciation for her visit, her work with Warrior Transition Unit Soldiers, and for implementing federal programs for hiring individuals with disabilities.

Cohen works closely with senior leadership throughout the federal sector to ensure employees and Soldiers with disabilities have equal access to federal services and employment. She said more than 71,000 requests for accommodations have been filled since the inception of CAP in 1990. Cohen spent time after the official presentation and answered specific questions from Soldiers and civilians. Additional information on CAP can be found at the link on the USAG Grafenwoehr Web site under Installation Support/EEO or visit <http://www.tricare.mil/cap/About%5Fus/> Scott Harmon, Vilseck Commissary manager attended the CAP presentation and distributed free cloth shopping bags to Soldiers and civilians. The bags highlighted the resource Web site [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org).



# 172nd Soldiers shoot to win with renowned gunsman

Story and photos by  
Capt. STEPHEN C. SHORT  
172nd Brigade PAO

The rapport of rifle fire fills the morning air at the Victory Training Center Range here where Soldiers of the 172nd Infantry Brigade (Blackhawks) engage targets with speed, accuracy, and skill as they undergo professional marksmanship training as part of the Blackhawk Shooters Program.

"The intent of the Blackhawk Shooters Program is to train leaders to better understand shooting, and in turn, take the training learned to the Soldiers of their units," said Col. Jeffrey Sinclair, commander of the 172nd Infantry Brigade.

"The Soldier will be confident in the use of their weapons system and be able to apply lethal force only when required!" he said.

The Blackhawk Shooters Program came about when Sinclair contacted Mr. Jerry C. Barnhart, a world class competitive shooter and renowned trainer of military personnel, to come to Germany and provide his unique instruction to Soldiers within the brigade before they deploy to Iraq in support of Operation Iraqi Freedom this year.

Barnhart brings 20 years of competitive shooting experience to the range as he instructs students on increasing their capability with the U.S. Army's M-4 rifle at varying distances while using alternate hands to fire.

The course challenges the students by making them fire from barriers that required them to stand and kneel, all the while running swiftly to each barrier and getting set for the next opportunity to shoot and hit the target.

Many of the students came to the instruction having never fired at paper targets in a timed scenario and be-

hind a series of barriers spaced from 50 down to 35 meters away.

"This training starts with the basic fundamentals of shooting and then just builds on that step by step, it surpasses any marksmanship training I have experienced in my 13 years in the Army," said Capt Tim Palmer, commander of C Company, 1st Battalion, 2nd Infantry Regiment. "It was good for my 1st Sgt. and me to attend this training because we need to know what the platoons would need to conduct the training and what they would get out of it."

Palmer planned for every squad leader to go through the program, since they would be the primary trainers in the platoon and would be able to instruct through their first hand experience.

"This training works and it brought my shot group from the size of a football down to the size of a softball by the end of the day," said Staff Sgt. Kyle B. Scott, C Company Platoon Sgt. "Non-commissioned officers need to attend this training because we are the ones who train the Soldiers and they depend on us."

Leaders like Palmer and Scott went through the training and were some of the Blackhawks who were personally congratulated by Barnhart himself for their marksmanship achievements.

The students were required to move to their first barrier, which simulated cover they would fire from in a combat environment. They then were required to fire at the target shooting from the right side, switch to the left side of the barrier and fire using their left hand.

After engaging their targets, they had to move forward quickly to the next position and repeat the sequence of steps, sometimes having to change ammunition magazines and reload to complete the scenario.

Once the students fired the sce-



(Left) Blackhawk Shooter program instructor Jerry Barnhart engages the course as a 172nd Inf. Brigade Soldier watches at the Victory Training Center in Schweinfurt.

(Below) Blackhawk Shooter program instructor Jerry Barnhart demonstrates the proper maintenance of the M-4 Rifle magazine as 172nd Soldiers look on.

nario that Barnhart directed them to complete, they walked swiftly to their targets and reviewed the amount of hits they achieved.

Then it was back to the starting point where the instructor gave them further instruction on how to fire better, faster, and safer. The instructor took the time after a training round to explain the mechanics of the ammunition magazine for the M-4, and he explained how care and maintenance of the magazine could improve the operation of the rifle itself.

"I continually try to learn new information and techniques and even visit the factories like Colt where the rifles are made to improve the program even more," said Barnhart.

Barnhart, a husband of 23 years, has become such an invaluable asset to the military and law enforcement that he teaches 40 weeks out of the year at his home location in Michigan and around the world.

Winning countless shooting competitions caught the attention of the military to request Barnhart to start training Soldiers back in 1989. He hasn't stopped giving his time and attention to Soldiers since.



"It feels more gratifying teaching these guys for what it means to them," said Barnhart. "As long as I can do this and work with them, then that is what I want to do."

"Many of the students came here really not being able to fire like this in the beginning, but when they leave they are hitting the targets every time," said 1st Lt. Seann J. Kim,

officer in charge of range operations from Headquarters and Headquarters Company, 1st Battalion, 2nd Infantry Regiment.

The leaders that have gone through the program will implement the training within their companies, and the extraordinary skills gained will be yet another asset to the Blackhawk Brigade Soldiers.

## USACAT wins 13 gold medals in '08 Cooking Olympics

by SUSANNE BARTSCH  
USAG Grafenwoehr Public Affairs

The U.S. Army Culinary Arts Team won 13 gold medals in the Cooking Olympics Oct. 19-23 in Erfurt, Germany, where it competed against military teams from nine nations, including Germany, Switzerland, and Hungary.

The competition is made up of two categories and the six U.S. military chefs led by Coast Guard Senior Petty Officer Justin Reed won gold medals in both of them.

In the first category, called "Restaurant of Nations," each participating military teams had to cook a hot three-course meal in a field kitchen within five hours. Then, the meal was served to the restaurant guests and simultaneously tasted and judged by the jury who had spent the entire morning with the team, watching and scoring each and every one of their moves.

In the second category, known as "Cooking Art," the teams had to create seven different three-course meals for one person. Two of the meals consisted of soup, main course, and dessert while the remaining five meals featured an appetizer, a main course and a desert. All meals were then glazed and presented cold to the jury on an exhibition table.

Every team can select its very own meals and motto. This year, the U.S. team's motto was "Native-American Food." That was also reflected in the table on which the chefs presented their cold menus.

Decorated with spears, a cow skull, Indian feather head gear and a peace pipe, the black table's white center piece featured an Indian on a horse killing a buffalo with a spear. Made out of wax and white chocolate, it won the team and its creator, team manager Chief Warrant Officer 4 Robert Sparks, its 13th gold medal.

"We're extremely proud of the team and how far they have come in a short period of time," said Sparks after the competition. "It is evidenced by the thirteen gold medals that our



(Above) Senior Chief Petty Officer Justin Reed puts the finishing touches on the appetizer during the hot meal competition. (Bottom right) The center piece of the culinary arts table featured an Indian on a horse killing a buffalo. Made of wax and white chocolate, it won the team its 13th gold medal. (Top right) Sgt. Matthew Flemister is cleaning the plate featuring one of the main courses of the seven menus presented cold in the culinary arts category.

chefs hard work, dedication and commitment to excellence paid off."

Sparks, a member of the USACAT for more than 20 years, Master Sgt. David Turcotte, and the other teachers and members of the team came to Grafenwoehr Training Area Sept. 15 to spend four weeks preparing for the competition.

Each year in spring, the teachers at the U.S. Army Center of Excellence, Subsistence, in

Fort Lee, Va., hold a competition and put together a team of the U.S. Army's best chefs. For the first time this year, the team was a joint team, made up of five U.S. Army and one U.S. Coast Guard chefs since the school is transferring to become the military's joint center for culinary excellence.

Col. Al Davis, deputy commandant of the U.S. Army Quartermaster Center and School to which ACES belongs, joined the team for the



Photo by Sarah Trier



Photo by Sarah Trier

awards presentation last Wednesday and was impressed by the competition.

"This was an outstanding competition with expertise shown by all participating countries—large to small. It was amazing," said Davis.

The team's total score (65 percent hot meal score; 35 percent cooking art score) earned them the Olympic silver medal in the military competition. The winner of the 2008 Olympic gold medal 2008 was the military team from Switzerland who also won gold in both categories but obtained a slightly higher score in the hot meal category.



# Community urged to participate in garrison’s ‘08 Fall Clean Up

*Staff report*

With the fall season approaching, it is time to improve the appearance of our community facilities, clean our areas of responsibility, and prepare for the upcoming winter.

USAG Grafenwoehr will conduct Fall Clean Up from Nov. 3 - 7 in the Vilseck and Grafenwoehr military communities, as well as all off-post housing areas.

It is the USAG Grafenwoehr commander’s intent to use the scheduled time to improve the appearance of community facilities and our areas of responsibility through a coordinated effort by our supported units, employed host nation resources, contracted resources and internal USAG Grafenwoehr assets.

The end state is a community-wide facelift, with collection and removal of trash and debris, resulting in an improvement in the quality of life for all our Soldiers, Families and Civilians.

This is a two phase operation.

Phase I begins Monday and ends Tuesday and consists of performing cleanup in and around housing areas and Soldiers’ quarters.

Maximum participation of housing occupants is necessary to successfully execute this program. Soldiers will report to their area/building coordinators to receive specific instructions for clean up.

Sponsoring Units will also participate in their respective areas on Monday through Nov. 6. The focus will be on the entire building

(basements, washrooms, storage rooms, etc.) and a 50-foot perimeter around the buildings and the common areas. End state is a complete cleaning of housing buildings, common areas, and grounds.

Phase II begins Nov. 5 and ends 6 November, and includes policing trash, sweeping parking lots and curbs, mowing, trimming, and area beautification.

Additionally, this is an opportunity to prepare for winter. End state is a thorough policing of the area, consolidation of trash and debris for bulk pick-up. (Bulk Pick up is for on post only). Phase two consists of three sub-phases.

(A) Nov. 5: Tenant Unit Adopt-An-Area clean up. This is the time for units, support agencies, and commercial

establishments to clean their areas of responsibilities. All agencies occupying facilities are required to participate in the clean up efforts.

(B) Nov. 5-6: Clean up of unit areas of responsibilities. Vilseck bulk trash pickup is Nov. 6 for on post housing areas and Nov. 7 for troop billeting areas.

On post residents on Grafenwoehr will place bulk trash items by their trash receptacle centers location to be picked up on 4 and 7 November in housing and billeting areas.

Inspection Phase. This phase consists of an inspection by the USAG Grafenwoehr Commander, command

sergeant major, and installation coordinators. If any deficiencies are noted, Unit POCs will be notified and areas will be corrected prior to 21 November.

Service Support. Operating hours for DPW support centers in Vilseck and Grafenwoehr are as follows:

(a) Recycling Center (Vilseck). Monday through Friday, 1100 –1600, Saturday, 1000 – 1500, (Closed German Holidays and Sundays).

(b) Landfill (Vilseck and Grafenwoehr). Monday through Friday, 0800-1200 and 1300-1530. (Closes Saturday-Sunday and Germany Holidays).

Point of contact for the garrison is the garrison installation coordinator, Tony Frazier, at DSN 475-1500 or [anthony.e.frazier@eur.army.mil](mailto:anthony.e.frazier@eur.army.mil).

# Is your vehicle ready for the ice and snow?

## Know how to winterize your car, for *safety* sake!

by **BRENT ROMANS**  
*Senior Automotive Editor*

If you were to ask your car where it would want to live, and it just so happened to be a talking car, it would most likely say “Southern California. It’s warm there, the roads are fairly decent, and I might get to see a movie star.”

If you were to ask it where it wouldn’t want to live, it would reply “Detroit.” Or in a broader sense, it wouldn’t want to live where it’s cold, snowy, and just generally yucky.

Wintertime is very unfriendly to a vehicle. Cold temperatures make it harder for an engine to work properly. Snow and ice limit traction.

Potholes damage wheels and tires. Salt causes rust and gravel pits the paint. But there are things you can do to help your vehicle in this time of duress.

Following are some easy steps to “winterize” your car. In fact, they are so easy, a talking car could figure them out!

Remember, an ounce of prevention is worth a pound of cure.

**1. Snow tires are mandatory.**

The condition of your car’s tires is critical during the winter. If the tires are worn, or they are high performance tires, braking, acceleration and handling are all negatively impacted while driving on slippery roads. Because of reduced vehicle capabilities, the likelihood of a crash increases.

The tires mounted on this beat-up Ford we spotted were a joke. If you have the cash, consider buying a set of winter tires.

Winter tires are optimized for snow and ice. They aren’t magic tires -- even with winter tires, your car will still be worse on slick roads than dry ones. But winter tires do help to improve traction on slick surfaces more than all-season tires.

**2.Check the tire pressure.**

Tire pressure is especially important during the winter. Traction is often at a minimum due to wet or snowy conditions.

It is critical to have properly inflated tires, as this guarantees the best possible contact between the tire and the road.

A properly inflated tire will also help protect against wheel damage that might occur as the vehicle is driven over potholes. Read your owner’s manual to find the correct tire pressures.

Because of wintertime’s lower

temperatures, the air pressure in a cold tire will drop. Why? Because air is a gas, and gas contracts when it cools. Keep this in mind if you are checking tire pressures. Generally, for every 10-degree Fahrenheit change in ambient temperature, your tire’s inflation pressure will change by about 1 psi (up with higher temperatures and down with lower temperatures).

**3.Make sure your vehicle’s four-wheel-drive system is working properly.**

A big selling point for SUVs is that they offer 4WD, which improves traction in slippery conditions. But most people don’t use their 4WD systems during the summer.

And while a four-wheel-drive system requires minimal maintenance, it’s still a good idea to check that it works properly before winter.

Make sure the system engages and disengages smoothly, and that there are no strange noises emanating from the drivetrain when the system is in use. Check to make that the transmission and gear oil levels are correct.

If there are multiple drivers for your SUV, make sure each of them knows how to operate the 4WD system. The owner’s manual will state at what speeds and environments the 4WD can be activated.

**4.Change the engine oil and adjust the viscosity grade.**

This isn’t nearly as hard as it sounds. Viscosity simply refers to how thick or thin the oil is. Tar has a higher viscosity than orange juice, for example.

Engine oils are sold with different levels of viscosity. When winter arrives, the outside temperature drops. And just like you, the oil inside your vehicle’s engine isn’t feeling too perky after sitting in the cold all night.

The colder an oil is, the thicker it will be. A thicker oil doesn’t circulate as well in an engine during start-up as a thinner oil would. If the oil is too thick, the engine doesn’t get the proper lubrication. Also, dirty oil doesn’t circulate as well as clean oil.

To solve this wintertime problem, you can change your vehicle’s engine oil to one that is thinner to begin with. Even when the thinner oil is cold, it is still not too thick for proper engine lubrication. Keep in mind that an engine oil can be too thin.

Determining what type of oil your car should have during the winter is easy. Simply read your vehicle’s owner’s manual.

The manual will list the manufacturer’s oil recommendations for different climates.

If you have a dealership or local garage perform the oil change, you can ask the manager what type and viscosity of oil they are putting into your vehicle.

Pretty much all modern cars have recommended oil grades of 5W-30, 10W-30 or 10W-40. For more information on what these numbers mean, check out [www.engineoilinfo.com](http://www.engineoilinfo.com).

**5.Inspect the belts and hoses.**

The belts and hoses in modern cars lead long lives. But that doesn’t mean they don’t die. Cold temperatures can accelerate the demise of a belt or hose. Before winter starts, have the belts and hoses inspected on your vehicle.

**6.Inspect the wipers and wiper fluid.**

Visibility is particularly key in winter, as it is often compromised by precipitation, salt buildup on the windshield and reduced daylight. The life expectancy of a wiper blade is one year. If your car’s blades are older, replace them.

Also check and fill your wiper fluid reservoir. A harsh winter storm is the worst possible time to run out of wiper fluid or to discover your blades aren’t performing properly.

**7.Check the battery.**

A battery gives little notice before it kicks off. And it absolutely loves to croak when you can least afford it doing so. Very cold temperatures can reduce a vehicle’s battery power by up to 50 percent.

If your vehicle battery is older than three years, have it tested at a certified automotive repair facility. Also, make sure the posts and connections are free of corrosion.

**8.Check antifreeze mixture.**

The ideal mixture of antifreeze (coolant) and water inside your vehicle’s radiator is 50:50. If the mixture deviates from this norm, then hot- and cold-weather performance can be compromised.

If you were to put pure water in your vehicle’s radiator, it would freeze at 32 degrees Fahrenheit. But if you combine the water with an equal amount of antifreeze, the new mixture won’t freeze until -34 degrees Fahrenheit!

You can check the composition of a radiator’s mixture by using an antifreeze tester. You can find these at all auto parts stores, and they are

inexpensive and easy to use. If the mixture is off, adjust it by adding either coolant or water.

**9.Carry an emergency kit inside the car.**

Wintertime requires you to load more junk into the back of your vehicle. But hey, better safe than sorry, right? Things you might want to consider carrying:

A flashlight, flares and a first-aid kit.

Jumper cables, a tool kit and tire chains.

A blanket, warm clothes and gloves.

Paper towels.

A bag of abrasive material, such as sand, salt or non-clumping kitty litter. Use this for added traction when a tire is stuck.

A snow brush, ice scraper and snow shovel.

Extra washer fluid.

Extra food and water.



Photo by Karl Weisel

With winter quickly approaching, on-post organizations and commercial businesses are pulling together to provide drivers with free safety inspections for their vehicles.

## Prepare your car for winter

*IMCOM-E PAO*

With winter quickly approaching, on-post organizations and commercial businesses are pulling together to provide drivers with free safety inspections for their vehicles.

As part of the International Motor Vehicle Lighting campaign, AAFES Car Care Centers, U.S. Forces Vehicle Inspection Stations operated by the U. S. Army BASOPS Maintenance Center – Europe and all auto repair shops on the economy will provide free inspections through Friday.

The purpose of the campaign is to encourage motor vehicle owners to have their vehicles inspected prior to the onset of winter weather, said Maureen Pikal, chief of safety for Installation Management Command-Europe.

The campaign is conducted annually during October to correct deficiencies prior to the more

hazardous driving season of the year, when hours of darkness increase and winter road and weather conditions begin. German garages, Exchange Car Care Centers and most U.S. Forces Vehicle Inspection Stations will be conducting free inspections to check vehicle lighting systems to include headlights, taillights, fog lights and turn signals.

Additionally, AAFES Car Care Centers will also inspect windshield wipers, exhaust systems and tires. However, any repair work to correct deficiencies is chargeable to the vehicle owner.

U.S. Forces Vehicle Inspection Stations will offer only the lighting systems inspection.

“We are encouraging everyone to take advantage of the International Motor Vehicle Lighting Equipment Campaign and prepare you automobile for winter weather,” Pikal said.



# After redeployment, help your Soldier *live* to tell about it !

by MARY MARKOS  
*Bavarian News*

*Note: This article is the third of a four-part series on helping military families cope with redeployment issues.*

How many people have stared death in the face and lived to tell about it?

For more than 4,000 Soldiers redeploying to the U.S. Army Garrison Grafenwoehr from a combat zone this month, cheating death and returning with war stories is often the first step on the rocky road of reintegration.

The emotional twists and turns of reuniting with loved ones can leave a Soldier at odds with himself, his finances, and those he loves.

Soldiers, especially those who have spent multiple tours in a combat zone, experience mixed emotions of joy, anxiety, guilt, anger, and increased irritability after they step out of the ‘sandbox.’

## Without a weapon

“It’s almost a surreal experience... having that sense of freedom and being able to walk around without a weapon,” said Cpt. Shawn Gallagher, assistant officer in charge of outpatient behavioral health at Landstuhl Regional Medical Center.

Gallagher, who deployed to Iraq and has worked with injured and redeployed Soldiers for more than two years, understands the confusion of mixed emotions.

“Their feelings are very normal given the very abnormal or atypical situation that they’ve been in,” he said.

Mixed or uncontrolled feelings that persist after Soldiers have been home for more than six weeks, however, could be a sign of post traumatic stress disorder.

## The signs

PTSD, said Maj. Sean F. Del Grego, the Medical Readiness director and an aviation physician assistant at the Grafenwoehr Health Clinic, “is when a significant emotional event causes a change in behavior in the individual involved.”

PTSD, he said, can be identified

with some of the more common symptoms: emotional numbness, sleep disturbance, depression, anxiety or anxious moods, irritability, and anger outbursts.

Soldiers affected by PTSD can even suffer from flashbacks, nightmares, night terrors, or extremely frightening thoughts of events that may have contributed to his or her PTSD.

“One out of every eight individuals out there, that have deployed and gone to a combat zone, can report some form of PTSD... Sixteen to 17 percent

“One out of every eight individuals ... that have deployed and gone to a combat zone can report some form of PTSD.”

Maj. Sean F. Del Grego  
Medical Readiness Director

of people that have deployed to Iraq have reported some form of PTSD, around 10 to 11 percent for Afghanistan. Compare that to Vietnam. Vietnam was 15 percent, Gulf War I was only 10 percent,” Del Grego said.

## Avoiding help

“Forty percent of the personnel out there seek help, 60 percent don’t. So of those 17 percent who have problems from Iraq, or that 10 percent who have problems from Afghanistan... more than half of them are not going to seek help... (They) just continue to let their issues and problems build and they go on with their nightmares, and they go on with their sleep loss and deprivation, and they go on with teetering-tottering job performance with minimal satisfaction,” he said.

The key, agreed Gallagher and Del Grego, is communication and support from military leaders and family members.

## The wounds of war

Sgt. Christopher Smith of the 172nd Infantry Brigade is preparing for his third tour to Iraq. He knows the importance of communicating the internal wounds of war.

“There is always somebody to talk to.... It’s alright to go see the wizard (doctor) if you have to. I did it. I went when we were in Iraq and talked to somebody just because I was mad at the world... I vented for about an hour, and then I was good,” he said.

The situation becomes dangerous, Gallagher said, when Soldiers revert inside themselves.

“That is only going to fuel any unsettled feelings, any altered perceptions of what’s going on,” he

said. “That can be a challenge with the soldier population... Talking about your feelings is not part of their culture.”

## Turning to your battle buddy

He said Soldiers should avoid the desire to seek out and talk to only those who have experienced combat. Immediate, confidential help is available to Soldiers through mental health professionals and unit chaplains.

Soldiers who refuse help, or attempt to face their issues alone, often turn to alcohol. Battle buddies are the first line of defense against alcohol related incidents.

The perception persists that alcohol related incidents skyrocket shortly after redeployment, but Maj. Vincent Amerena, U.S. Army Europe Provost Marshall’s Office, says this is unfounded.

## Crime statistics

“While we have found slight increases in crimes of all categories, including alcohol and domestic violence related incidents across USAREUR after units return from deployments, these increases may not be directly attributed to the deployment itself, but represent a return to pre-deployment population numbers within a particular garrison,” he said.

“Garrison crime statistics normally drop during deployments and return to previous levels upon redeployment. Emphasis on prevention of DUI and domestic violence by leaders at all levels contributes significantly to reductions in these incidents during the redeployment phase.”

Finances, on the other hand, combined with a desire to live like every day is the last often leads to risky behavior for returning war fighters.

## Like it’s your last day

“When we came back, we knew we were going to deploy again in a year’s time... A lot of people felt like this could be the last year of their life... they might as well go out and have a good time,” said Spc. Daniel Ponton, 172nd Infantry Brigade, who is gearing up for a second tour in Iraq this fall.

Smith agreed.

“A lot of guys spent the whole year partying like rock stars because we’re going again... Who knows when your ticket is going to be pulled... Third time’s a charm. That was the going statistic on the last one, a lot of the guys that were on their third tour... got pretty beat up pretty bad,” he said.



Photo by Sgt. Stephen Morgan

**Soldiers who refuse help, or attempt to face their issues alone, often turn to alcohol. Battle buddies are the first line of defense against alcohol related incidents.**

## Root of the problem

Alcohol combined with the extra income accumulated during deployment, Smith added, is often the root of redeployment problems.

“A lot of these guys come back with all this money. That’s what gets them in trouble... Before he went he had an \$80 budget a night, now he’s got a \$1,000 budget a night. He can party a whole lot harder, try to make up for lost time,” he said.

Del Grego said it is vital for military leadership, family, and friends to monitor their redeployed Soldier’s behavior to ensure he or she seeks help

if necessary.

“Communication and understanding are the keys to a successful reintegration and homecoming for our troops who have served us well downrange in the Iraq and Afghanistan theaters of operation,” he said.

Military leaders, family members, and friends who see a Soldier in need of help can make an appointment with Vilseck Mental Health by calling DSN 476-2995/2100, CIV 09662-83-2995/2100. Around the clock support and advice is available by calling Army One Source at 001-800-464-81077.

# Airborne Cav. leaves legacy, fragile stability

by MARK HEETER  
*Schweinfurt CI Chief*

*Note: Lt. Col. Christopher Kolenda, 1st Squadron, 91st Cavalry commander, offered an operations briefing from the unit’s recently completed mission in Afghanistan, in his headquarters Sept. 17. This article is the third of a three-part series taken from the operations briefing.*

Scrolling through operations briefing slides in his headquarters conference room Sept. 20, Lt. Col. Christopher Kolenda, then-commander of the 1st Squadron, 91st Cavalry Regiment, contrasted the “green” areas on a pair of Afghanistan maps, one from April 2007, the other April 2008.

The vastly greener April map illustrated the locals’ sentiment and cooperation flowing from the side of the insurgents toward the side of the government and the Americans by July, when the squadron completed its 15-month deployment.

“I call it a fragile stability ... the level of violence has dropped precipitously ... people are able to go about the business,” Kolenda said.

Just as compelling as the stark improvement was Kolenda’s explanation of another slide, a photograph which captured an Afghan soldier donating a soccer ball to a young boy.

“We want this kid to look at this guy and

say, ‘That’s what I want to be when I grow up,’” Kolenda said.

Children, youthful hope and education were among the cornerstones of the squadron’s effort to transform its corner of Nuristan and Kunar provinces during its mission.

“These children, these 8- to 15-year-olds, are going to grow up to be illiterate fighters or educated patriots, and I would much rather see them grow up to be educated patriots,” he said, explaining the immeasurable value of school partnerships and improving literacy among Afghan youth.

“We had people all over Schweinfurt, Germany, in the states, giving school supplies, and books to us, so we could support education in Afghanistan,” he said. The unit gave away about 10,000 books to teach the children how to read and write, he said.

Their efforts were not lost on older students, either, in the constant effort to put jobs into young men’s hands.

About six months after one of the unit’s noncommissioned officers stumbled onto an abandoned construction site, it was the site of a newly constructed trade school that will soon graduate 1,250 students equipped for life with a marketable trade.

“It’s more developmental dollars that we brought in 15 months into that area than anybody

has brought into that area in the history of the planet,” Kolenda said.

“The real asymmetric weapon became development,” he said, referring to more than \$12 million that poured into the Task Force Saber area of responsibility and was spread among more than 90 projects, from school construction and road improvements to water and irrigation systems.

The jobs – which were overwhelmingly carried out by Afghans – provided young Afghans an alternative to picking up weapons and an incentive to become involved in self-governance, according to Kolenda.

“We have more than 40 new villages join the governing and developing process. That’s 40 villages that hadn’t participated at all,” before the Americans arrived in spring 2007

“What we found was that when the village elders were routinely involved, their young men were not fighting,” he said.

After explaining so many of the projects and partnerships that he and his Soldiers were able to build and cultivate, Kolenda reflected for a moment on what his troopers had learned from their deployment to what he had called “one of the most highly contested areas in the country.”

“They spent the majority of their time building allies and building bridges to people, and over the course of many, many conversations, and many

cups of tea, and many positive interactions in the villages, you build that trust.

At that same point the local elders come to the point that they realize these guys are here to help,” he said, despite the long and bitter history of foreign forces in Afghanistan.

“Their whole history has been bad experience with foreigners. So one of the first things is, we really just want to make a good impression and reach out to people and build allies and bridges,” Kolenda said.

Finally, marking the end of the deployment, block leave, recovery period, and only days prior to relinquishing his command, Kolenda turned his attention to the squadron’s other, enduring, partnerships.

“We just can’t thank the people of Schweinfurt, our families, the US Army Garrison Schweinfurt for everything they have done to support all of us in Afghanistan and, most importantly, all our families back home,” Kolenda said.

“Everybody from the garrison to the local communities to the partnership units really wrapped their arms around our families and our Soldiers back here on the home front and made the deployment as good an experience as it could be for our folks here. And we really appreciate it,” he said.

And with that, another chapter in the storied history of the U.S. Army cavalry is closed.



# Scouts test skills at Camporee

by JOHN REESE  
*Garmisch PAO*

The Edelweiss District Boy Scouts hosted more than 150 Scouts and their leaders from across Germany for the Alpine Adventure Fall Camporee at Kean's Lodge above Artillery Kaserne Oct. 10.

Troops and Packs 16 patrols came from nine locations around Germany and as far away as Berlin to demonstrate existing skills or learn new ones.

The Scouts competed in a variety of challenges at five survival stations, seven Alpine adventure points, a scavenger hunt, and a Dutch oven dessert contest.

"The survival stations reinforced fire building, shelter building, water purification, semaphore signaling and first aid. The most challenging station was semaphore signaling," said Dave DiRoma, Garmisch unit commissioner.

The signaling station required Scouts to make contact and send replies with rescuers when in an emergency situation. Scouts used fire and smoke, mirrors, markers, even personal locator beacons in a pattern of three: three sticks in a triangle, three flashes of light, three smoke signals, or anything in a group of three to send a message for help.

"The favorite event was the relay, which included team work, agility, strength, and accuracy," said DiRoma.

For the relay, each patrol had five challenges to complete, and each boy in the patrol had to participate in at least three of the tasks.

To give the event a Bavarian twist, the Camporee had a King Ludwig II flavor for the

Silver Spoon culinary contest. Scouts were encouraged to consider the popular king while making a dessert in a Dutch oven.

"The Silver Spoon competition put to the test the cooking skills and creativity of the Scouts for presentation and entertainment," explained Donna DiRoma, program director.

Troop 21 from Munich was judged the best cooks for presentation, delivery, and taste.

One interesting challenge was for the boys

to "Turn Over a New Leaf." This task involved six boys standing on a 2x2 tarp and overturning the square without touching the ground.

Troop 261 from Grafenwoehr and Troop 240 from Vilseck received the Presidential Award for being the only troops to accomplish this feat using a combination of teamwork and ingenuity.

The boys also had fun sketching maps, attempting to tie various knots like a clove hitch

around a tree while remaining outside of a circle around the tree, and showing they knew how to milk a cow.

The Camporee concluded with an evening campfire where the Scouts entertained each other with their acting and singing skills.

When the scores were tallied, the overall first place winner was Troop 46 from Berlin. Bamberg Patrols 10 and 9 took second and third places, respectively.



Photo by Daniela DiRoma

Boy and Cub Scouts from Berlin, Munich, and Vilseck present the colors and render the two-fingered Boy Scout salute.



Photo by John Reese

## What's in a name? That which we call a pond ...

Olga and Günter Neuner listen as U.S. Army Garrison Garmisch Manager Karin H. Santos (right) announces the naming of Neuner Pond. Santos made the announcement Oct. 16 during an employee awards and length of service recognition ceremony. Günter, a member of the Werdenfels German golf club, volunteered and built a pond at the garrison's nine-hole Alpentel Golf Course. The couple's son, Stefan Neuner, works for the garrison roads and grounds crew and supports the community as a volunteer firefighter.

## Postmaster 'closes' out decades of service with fond farewell

Story and photo by  
JOHN REESE  
*Garmisch PAO*

*"We are mothers and fathers. And sons and daughters. Who every day go about our lives with duty, honor and pride. And neither snow, nor rain, nor heat, nor gloom of night, nor the winds of change, nor a nation challenged, will stay us from the swift completion of our appointed rounds. Ever." USPS Creed*

U.S. Army Garrison Garmisch held a bittersweet farewell ceremony for Postmaster William Notz, who retired Sep. 30 after 10 years with the garrison and 10 years serving Army Postal Service customers across Germany.

Notz, known around the garrison as either "Bill" or "Sergeant Major," joined the Garmisch family Oct. 26, 1998. He began his second career with the Army Post Office in 1989 after retiring at the rank of command sergeant major.

As a Soldier, he served more than 23 years of service Stateside, in the republics of Korea and Vietnam, and four tours in the Federal Republic of Germany.

Notz served in all enlisted leadership positions from squad leader up to battalion command sergeant major of two units before his first retirement

in Germany on Oct. 31, 1988.

"I entered civilian service in May 1989 after seven months of being a houseman and drinking way too much beer," joked Notz.

His first position was in Aschaffenburg as a postal operation clerk, a post he which he held until the closure of the community in 1992.

That same year he was promoted to post office station manager in Erlangen . . . until *that* community closed. After Erlangen closed he was sent to Fuerth as the station manager of the shopping center post office . . . until *that* community closed in September 1995.

"That made three communities that Bill closed," said USAG Garmisch Manager Karin H. Santos. "I hope we're not seeing a pattern here, Bill!"

"In September 1995 he was the postal operations supervisor and technical inspector for the regional post office Ansbach/Katterbach community.

The establishment two positions, those being a custodian of postal effects account and a postmaster for the Garmisch and Bad Aibling communities in 1998, was another promotion, and Notz settled in Garmisch on Oct. 26, 1998.

As the Garmisch postmaster, he served a clientele of joint-service military personnel and Department of Defense civilians with distinction for 10 years.

Notz was also the link to home for the many retirees who depended on the Garmisch Post Office for their mail throughout southern Bavaria and Austria

"He is an important part of the success of garrison Post Office, successfully passing every postal inspection in Garmisch for the past 10 years and never failing an inspection in 19 years," said Santos.

"He is a friend to the community and his presence here will be missed as he retires. And by the way, the people of Garmisch will be happy to know that he is finally leaving a post office open at his departure!"

His wife Petra, who stood by his side through two careers and too many permanent changes of station to keep track of, was also recognized at the ceremony with a round of applause and a bouquet of flowers.

Notz acknowledged he couldn't have completed his many years of service without her, and that she had earned and deserved this retirement equally.

Notz's civilian awards include the U.S. Army Civilian Award for Humanitarian Service, the 35 Year certificate for government service, numerous certificates, and cash awards over the years for outstanding performance.

Petra and Bill Notz count the number of times they have PCS'ed throughout their lifetime.



Trick-or-Treat



Halloween Fair for children on Thursday  
5:30-7:30 p.m. in the Pete Burke Community Center

Trick-or-Treat and Trunk-or-Treat on Friday from 5:30-7:30 p.m.



# FMWR has something for *YOU* ... *AND YOU, AND YOU* ... !

by KRISTIN BRADLEY  
*Bavarian News*

**T**he Soldiers of U.S. Army Garrison Hohenfels work hard to provide U.S. and international troops with the best military training in the world. At the same time, they remain ready themselves to deploy to any number of countries in support of international missions.

Civilian employees and family members also work hard to support their Soldiers in those tasks.

To make sure the premier Army community of Hohenfels has access to top-notch facilities and programs they deserve, the garrison is unveiling plans for numerous new Family, Morale, Welfare, and Recreation initiatives aimed at making sure those who live and work in the Hohenfels community are being taken care of at a level that matches their exceptional service.

Led by new FMWR Director Stacey Downing, a Department of Defense employee for more than 20 years (12 years with FMWR), the initiatives will provide new or improved opportunities for every member of the community, from young children and their parents to teens, single Soldiers, and everyone in between.

## Candy Land at the CAC

The Community Activities Center will see multiple changes in the coming months including a Kid's Zone playground, planned to be opened in February 2009.

The candy-themed playground is aimed at children age 3 and up.

There are 1,200 children at Hohenfels, 80 percent of them in grade six and below; and they need a better place to play, said Downing.

"I love doing things for kids. I think part of it is being an Army brat. I'm really excited to work on another Kid's Zone project," she said.

The Hohenfels playground is the fifth of its kind that Downing has implemented at various garrisons.

The structure will be located indoors, where the teen center was formerly located, allowing children to use it year-round. Trampolines will also be incorporated in the area.

Pam Koch, Exceptional Family Member Program coordinator, said the Little Troopers playgroup plans to hold meetings there once it is finished. They currently hold their meetings in the Child Development Center annex.

"It will give them more opportunity to climb and run around, even in bad weather. I think it will give them a lot more activities that they can do which will help with their gross motor skills," she said.

## Java Café

While the kids are playing, parents can grab themselves a Starbucks coffee at the Java Café planned to open in the CAC in



While the kids are playing, parents can grab a Starbucks coffee at the Java Café planned to open in March 2009.

March 2009.

An FMWR branded restaurant, Java Café features the "We Proudly Brew Starbucks Coffee" program with Starbucks' coffee, syrups, equipment, paper products, and merchandise. Pastries, bagels, and sandwiches will most likely be available with the goal of making the Java Café a popular destination for a break in Hohenfels.

Soldiers and anyone else on the go will appreciate the drive-thru option, a first for Hohenfels.

Internet access and multi-player online games aim to keep the café a popular spot well past lunch time.

## Outdoor Recreation

According to Downing and Garrison Commander Lt. Col. Garry Bloomberg, Outdoor Recreation programs and equipment can expect to see lots of attention in the next few years.

The first is a plan to turn the fitness center into a state-of-the-art indoor paintball arena complete with light and sound displays. Downing says construction is expected to begin within two months of the fitness center closure, which is projected for spring 2009.

Even before the paintball arena opens, Downing says she hopes to have a project up and running that will have All Terrain Vehicles zooming through the woods of Hohenfels.

Warrior Adventure Quest, a

high-adventure recreation program created through a partnership between the Army FMWR Command and the Office of the Surgeon General, is aimed at helping Soldiers transition back from combat with an intense physical recreation program hoping to reduce the potential for high-risk behaviors that are counterproductive to unit training requirements.

As garrisons Army-wide have worked to integrate the program, they have incorporated activities like white water rafting and mountain biking.

Hohenfels will be the first garrison in Europe to purchase and use ATVs as part of the program.

According to Downing, Kurt Hahn, outdoor recreation director, has been appointed as the new garrison representative for Better Opportunities for Single Soldiers to maximize the coordination between ODR and single Soldiers, one of its biggest audiences.

"Outdoor rec is not just equipment check-out, it wants to be your destination for adventure," she said.

## Fitness

Currently, patrons must be more than 18 years old to use the fitness center, or have an adult chaperone. Child and Youth Services and the Sports and Fitness staff of MWR are working on a program that will allow teens as young as 13 to take a course which will certify them to use the facility on their own without an adult.

Rick Ruiz, youth center director, said the multi-session program taught by a member of the fitness staff will focus on various aspects of fitness, including health and nutrition and weight training.

According to Chris Cornelison, sports and fitness chief, upon completion of a health assessment and their initial training, participants will receive a certificate of completion and sign a code of conduct. Participants will also receive a membership card, which will be valid for one year and must be presented upon entering the facility.

"This is a much needed program for the teens in our community, and

we're excited to be able to offer it," said Cornelison.

Sports and fitness is also working to increase fitness class offerings, beginning spin classes on Tuesday and Thursday at The Zone starting Nov. 4.

Kareem Braithwaite, fitness coordinator, said he will be teaching the 11:45 a.m. class called "30 Minute Slam." Instructor Catherine Young will teach the 5:45 class.

Braithwaite, also new to the FMWR team, said he is eager to build participation in the fitness classes.

"Fitness is no longer a hobby, it has to be a lifestyle," he said.

Exhibitions of the new spin program including crowd participation will be held during the garrison-wide Health Fair tomorrow.

## SKIES

The Schools of Knowledge, Inspiration, Exploration, and Skills is the framework for all Army CYS instructional programs. According to SKIES publications, the program is designed to complement, expand, and support the academic, life skills, and athletic experiences children and youth have within Army CYS programs and in schools.

The garrison is expecting a visit from an Army FMWR staff member by the end of October who will provide insight and tips on how to expand the current SKIES program.

The most challenging of all the

See HOHENFELS Page 30



Hohenfels will be the first garrison in Europe to purchase and use ATVs as part of the program.



The Kid's Zone playground will open in February 2009.



# Preysler takes helm of JMRC

Story and photo by  
**KRISTIN BRADLEY**  
*Bavarian News*

Col. Charles Preysler assumed command of the Joint Multinational Readiness Center during An Oct. 21 ceremony at the U.S. Army Garrison Hohenfels post gym.

During the ceremony Brig. Gen. David Hogg, commanding general of the 7th Army Joint Multinational Training Command, referred to Preysler as “a combat proven vet, a trainer, and a true professional.”

Preysler came to Hohenfels from Italy where he served in several positions within the U.S. Southern European Task Force (Airborne), including the G3 Operations Officer, the Combined Joint Task Force 76 J3 Operations Officer, the commander of the 173rd Airborne Bri-

gade Combat Team, and ultimately the commander of Task Force Bayonet, where he led troops during a 15-month deployment in Afghanistan.

The new commander of Operations Group said he was excited when he learned he would be coming to Hohenfels, excited for another command opportunity to train, teach, coach, and mentor people going into harm’s way.

“I want to keep JMRC on a track set by my predecessor, remain very

adaptable and flexible to handle emerging challenges,” he said, noting that the diverse range of training to international troops that JMRC provides requires the center to remain “mentally agile.”

Preysler was commissioned in 1982 as a second lieutenant in the Infantry. He holds a bachelor’s degree in political science from Michigan State University and two

master’s degrees. His military education includes the Infantry Basic and Advanced Courses, the U.S. Army Command and General Staff College, the School for Advanced Military Studies, and the Naval War College.

His awards and decorations include the Bronze Star for Valor, Bronze Star with two oak leaf clusters, Defense Meritorious Service Medal, Army Meritorious Service Medal with three oak leaf clusters, Combat Infantryman Badge, Expert Infantryman Badge, Master Parachutist Badge, Pathfinder Badge and Ranger Tab.

Preysler, who comes to the Hohenfels community along with his wife, Lisa, and two children, C.J. (13) and Alex (11), says he can’t wait to hit the ski slopes and travel. This is not their first time in Germany, but will be their first time living here permanently.

Preysler takes over for Col. Thomas Vandal who relinquished his command on May 30.

Lt. Col. Timothy DeLass performed the duties of JMRC deputy commander in the interim.



7th Army JMTC Commander Brig. Gen. David Hogg and incoming JMRC Commander Col. Charles Preysler sing along to the “Army Song” during a ceremony Oct. 21.

“... a combat proven vet, a trainer, and true professional.”

**Brig. Gen. David Hogg**  
JMTC Commander, about Preysler

## Employees receive Europe-wide incentive awards

by **KRISTIN BRADLEY**  
*Bavarian News*

Three employees of U.S. Army Garrison Hohenfels have received Army in Europe Commanding General’s Annual Incentive Awards for their outstanding work during fiscal year 2008.

Established in 1963, the award recognize high performing Soldiers and civilians and cover 30 different functional areas, citing individuals and teams who have made noteworthy contributions in support of the Army in Europe mission.

**Tom Janice**, garrison operations specialist, received the award for

“Outstanding Contribution to Force Protection.”

“Mr. Janis’ contributions greatly improved readiness, helped protect our community members, and assisted in mitigating the threat of terrorism to U.S. Army Europe units,” said John Cavanaugh, chief of the garrison Directorate of Plans, Training, Mobilization, and Security, in the nomination he submitted on Janice’s behalf.

Cavanaugh also stated that “as Installation Operations Center Manager, [Janice] developed the center to be a tailorable 24-hour command and control center that can quickly react

to diverse emergency response situations.”

The nomination listed many other accomplishments, including products Janice developed for the Crisis Management Action Team, development of the first installation Common Operational Picture, and his conduct during training and real-life situations.

**Kym McRae-Haeffner**, garrison equal opportunity specialist, received the award for “Outstanding Contribution to an Equal Employment Opportunity Program” in category three, which recognizes an outstanding EEO specialist.

McRae-Haeffner’s nomination, written by Chris Saucedo, deputy garrison commander, lauds her performance in a number of areas, including complaints processing, affirmative employment, and prevention of sexual harassment training.

He particularly congratulated her on “. . . single-handedly performing the duties, functions, and responsibilities of the vacant EEO officer

position . . . her administrative and technical acumen has been the sole explanation for the agency providing quality common levels of services that are usually performed by two employees in the EEO office.”

**Dan Voglesong**, garrison safety officer, received the award for “Outstanding Contributions to the Installation Management Command-Europe Safety Program.”

Also nominated by Saucedo, Voglesong’s accomplishments include overseeing a 72 percent reduction in garrison reportable safety incidents in 2008, compared to baseline year 2006. The 2006 accident rate was

15.4 accidents per 1000 employees; the 2008 rate was 4.25.

In 2008 there was also a 33 percent reduction in all Driving Under the Influence charges reported at Hohenfels, compared to 2007.

“In 2008, we started the first successful garrison-operated taxi ride home program in IMCOM, implemented by Mr. Tom Janis,” said Voglesong. “We also started a new shuttle-bus service for Soldiers to safely ride to and from the Parsberg train station and now offer rental buses for groups. Our emphasis on public transportation has paid off.”

“Janis’ contributions greatly improved readiness, helped protect our community members, and ... mitigated the threat of terrorism.”

**John Cavanaugh**  
Chief, DPTMS

## AAAAA raises scholarship, Fisher funds with run, cookoff, poker tourney



Attendees and participants enjoyed the taste and warmth of chilli Oct. 17 during a cookoff, fun run, and poker tournament hosted by AAAAA at Hohenfels.

Story and photo by  
**KRISTIN BRADLEY**  
*Bavarian News*

After running five kilometers in the Army Aviation Association of America Bavarian Chapter’s “Fun Run and Chili Cookoff,” Patrick Considine received a cup of chili that really hit the spot from contestant Mike Burke.

AAAAA hosted the run, cookoff, and a poker tournament Oct. 17 to raise money for a scholarship and donation to the Landstuhl Fisher House.

Five contestants sold more than 230 servings of chili.

Best Tasting Chili went to “K&J’s White Chicken Chili” entered by Julia Delass and Kriss Welch.

People’s Choice went to Mike Burke’s “3-Day Chili.” Best in Show went to Matt Brewster’s chili. Honorable Mention went to the U.S. Army Garrison Hohenfels dining facility’s “Chiliman,” Gregory Harvey, whose Chili sold out so fast the judges didn’t get a taste.

The team award for the run went to the Vampires, who, according to event organizer Maj. Matt Brewster, had already conducted a physical fitness test that morning and ran the race as a cooldown.

First place finishers in individual categories were:

Over 35 Male: Dan Roberts, 17:15  
Over 35 Female: Chandra Roberts, 21:43

Under 35 Male: Alec Zwiaska, 18:05

Under 35 Female: Laura Horton, 33:57

## HOHENFELS Holiday Bazaar

**NOVEMBER 14TH-16TH**  
**FRIDAY 11 A.M. - 8 P.M.**  
**SATURDAY 11 A.M. - 6 P.M.**  
**SUNDAY 11 A.M. - 5 P.M.**

*Antiques, Wine, Cheese, Pottery, Rugs, Furniture,  
Stained Glass, Food, Bavarian Beer & More!*

FOR MORE INFORMATION, VISIT THE HCSC WEBSITE: [WWW.HOHENFELSCSC.COM](http://WWW.HOHENFELSCSC.COM)

Unique Gift Ideas from  
45+ Vendors



# What’s Happening

## Grafenwoehr/ Vilseck Briefs

### Community Town Hall Meeting

The USAG Grafenwoehr commander, Col. Chris Sorenson, will host a town hall meeting tonight at the Grafenwoehr Elementary School Multi-Purpose Room starting 6 p.m. All community members are invited. It’s a great opportunity for you to find out the latest info on programs, events, construction updates, and other important issues.

Garrison directors and subject matter experts will be brief topics and answer questions from community members. Join us - you CAN make a difference in your community

### Vilseck Health Clinic services

Due to the medical needs of the returning 2nd SCR soldiers, the Vilseck Clinic will have reduced services during October and November. We will continue to provide some well-baby and well-woman appointments, but the majority of our appointment openings will be for same day, acute issues.

The clinic evening hours will be shortened to 1700 hrs on Mondays, Tuesdays, Wednesdays, and Thursdays from today through Nov. 12 due to reduced clinic staffing.

We will continue to utilize our German providers to ensure good access for our Tricare Prime patients. We apologize for the inconvenience this may cause, but we’re very excited to be part of the welcome home for our returning Stryker warriors.

Please remember to utilize some of the TRICARE services available to you such our pharmacy self care over-the-counter products for beneficiaries over the age of 6 years. See our pharmacy staff for these items.

Patients are also encouraged to use the Tricare Nurse Advice Line (NAL) for ailments that may not require the use of valuable appointment times and only require good self-care patient instructions (toll free 00800 4759 2330).

### Customer satisfaction survey

USAG Grafenwoehr community members will have the opportunity to participate in our web-based Customer Satisfaction Survey through Nov. 7.

The survey will allow you to personally rate the performance of garrison organizations that serve and support our Soldiers, family members, civilians and retirees. We ask that you please participate in this important survey and help our garrison provide you with a quality of life that matches the quality of service you provide our Nation.

### Physical therapy open house

The Grafenwoehr physical therapy office will host an open house Friday from 2 - 4 p.m. Activities include running shoe information, knee education & injury prevention, massage class & massage chair demonstration, body mass index demonstrations. Snacks, candy and drinks available for everyone to enjoy. For more information, contact Staff Sgt. Anthony J. Ciulla at DSN: 475-5644.

### Halloween party

Visit the Zone Sports Bar Friday from 6 p.m. - 2 a.m. for a scary good time. Everyone dressed in scary Halloween costumes will be entered for the chance to win prizes. DJ MCM will be mixing some frightening tunes to keep the night interesting for everyone. Bring your friends and celebrate this Halloween. For more info, call or stop by the Langenbruck Center, Bldg. 607, DSN 476-2360.

### Trunk or Treat

Set to coincide with on post trick or treating, this event allows those community members living off post or in barracks to decorate the trunk of their car and dress up to give out candy on Halloween. The community’s youth will come to the library parking lots as they do in the housing areas to fill their treat bags.

For more information call the Graf Library at DSN 475-1740 or the Rose Barracks Library at DSN 476-1740.

### Harvest Fest

The Harvest Fest will be held on

Friday from 3 - 5p.m. at the Graf Field house. For more information please contact Haila Hill at DSN 475-1570

### Vilseck Turkey Trot

Join us for the Turkey Trot Saturday at Rose Barracks, Bldg. 1108 across from Little Mike Lake.

Top 10K male and female winners get a free turkey. Three turkeys will also be raffled off to participants. Free T-shirts for the first 200 participants. For more info, contact your local sports office.

Graf Fitness Center, DSN 475-9007, or RB Fitness Center, DSN 476-2214. Registration beings at 8 a.m. The trot starts at 9:30 a.m.

### VHS College Fair

A college fair will be held Sunday from 2 – 4 p.m., Bldg. 1801, main entrance. The event is open to all.

For more info e-mail [Tina.Villella@eu.dodea.edu](mailto:Tina.Villella@eu.dodea.edu).

### Hospital tour

Tours of local hospitals are conducted in English on a rotating basis; meet at 6 p.m. in the hospital’s lobby. For more information, please call ACS at DSN 476-2650/CIV 09662-83-2650.

6 November: The Sulzbach-Rosenberg St. Anna Krankenhaus tour. <http://www.kh-as.de/>

### Party with a Purpose

Come to the party Nov. 8. Enjoy 50¢ cosmic bowling at the Graf Bowling Center. Join the dance party at MWR’s Performing Arts Center, Bldg. 103, where a DJ will be spinning hot tracks. Starts 8 p.m. in both locations. For info, contact Graf Bowling Center at DSN 475-6177 or the Performing Arts Center at DSN 475-6426.

### Quilting an Advent Calendar

Start this Advent season with a new tradition, a homemade advent calendar. We offer an introduction into patchwork and quilting as well as opportunities for advanced quilters. Share your interests with new friends.

Please bring to the course: portable sewing machine, transformer if necessary, extension cord, sewing kit, scissors, ruler, writing utensils, scrim, and fabric remnants. (Fabric sale will be available all Saturday)

Class will be held Nov. 8-9 at VHS-room Nr. 2 at the Förderschule Eschenbach, Jahnstr.

Please use the entry at the back side of the building. Class costs 23 Euro and open to 5 – 12 participants.

For more informaiton call CIV 09645-8283/8293, or write [email.info@vhs-eschenbach.de](mailto:email.info@vhs-eschenbach.de).

### Second hand market

Children’s Second Hand market Nov. 4 at the Kindergarten in Huetten (Grafenwoehr) from 2-4 p.m. Selling everything Kids’ related (Winter clothing, toys, strollers, etc.).

If you’re interested in selling items please contact Stefanie at [sspears\\_mrs@yahoo.com](mailto:sspears_mrs@yahoo.com) or Diana at 0151-17280579 for further information and table fees.

### Military History Group tour

The Library’s Military History Group will travel to Ingolstadt Germany on Veterans’ Day, Nov. 11, to tour the Royal Bavarian Military Museum. To reserve your seats, contact the Grafenwoehr or Rose Barracks ITR/ODR today. For more info, call the Graf Library at DSN

475-1740.

### Holiday gift wrapping

Gift wrap dates available from Nov. 28- Dec. 24. To register your unit/organization, contact us at DSN 476-1760, CIV 09662-83-1760 in Vilseck or DSN 475-1760, CIV 09641-83-1760 in Grafenwoehr.

### Job assistance training

The Army Career and Alumni Program offers the DOL Transition Assistance Program Workshop once a month.

Topics such as goal setting, resume and cover letter writing, job search techniques, interview techniques, salary negotiation skills and more are covered. The next TAP Workshops in Vilseck are scheduled for Nov 18-20.

### Prayer Breakfast

Joint Multinational Training Command Prayer Breakfast Nov. 25 at the Grafenwoehr DFAC. For more information call DSN 475-8205, or DSN 475-6505.

### Automobile Re-sale

Interested in buying or selling a used POV? Stop by at the POV Re-Sale Lot at Rose Barracks Vilseck, Bldg. 718 next to the Aafes Care Center.

For more information call CIV 09662-83-1500, DSN 476-1500.

### Army medical blog online

The Army Medicine Web page has been updated with new features and valuable information; go to [www.army-medicine.army.mil](http://www.army-medicine.army.mil).

Lt. Gen. Eric B. Schoomaker, U.S. Army Surgeon General, has launched his own blog at <https://blog.amedd.army.mil/>. The blog is available to read his postings and leave comments.

## Hohenfels Briefs

### Event bookings

Do you, your unit, or organization need a space for a meeting or party? The Zone is available for rent for any of your event needs. For pricing or to reserve the space, call James Williams at DSN 466-4614/4611.

### School Advisory Council

The Hohenfels Elementary SAC would like to invite you to join us today at 3:30 p.m. in the Elementary Media Center our first meeting of the year.

The purpose of the Hohenfels Elementary School SAC is to act as a liaison between the school and the community to assure a positive school environment for the students who attend the school.

The SAC advises the Principal on all matters affecting the operation of the school, including school policies, instructional programs, budget, facilities, maintenance, administrative procedures, pupil personnel services, educational resources, program evaluation, student standards of conduct, school meal programs, and other education-related matters.

The SAC advises the Installation Commander on improvements for dependents’ education, including matters related to administrative and logistical support and any other school matters, which fall within the jurisdiction of the

Installation Commander.

If you have any issues or concerns you would like addressed at the meeting, please contact, Candace Perryman, SAC President at: [Candace.Perryman@eu.dodea.edu](mailto:Candace.Perryman@eu.dodea.edu) or contact the elementary office at 466-2829.

### Hohenfels Health Fair

Hohenfels will be conducting an all-day, garrison-wide Health Fair tomorrow at the Community Activity Center, next to the bowling alley. Multiple garrison activities will be represented at the Health Fair. Several wellness topics will be highlighted, including breast cancer awareness.

### Hallelujah Fest and Cook-off

The Hohenfels Chapel is holding its annual Hallelujah Harvest Fest on Friday. Come have fun with us at the Community Activities Center (CAC). Everyone is invited to attend! There will be a Chili Cook-off, come and judge for your favorite chili and, as always, a costume contest. For more information call Dawn Glynn at DSN 466-3473.

### Babysitter certification

Babysitter training Saturday from 9 a.m. to 4 p.m. in the ACS classroom, Bldg. 10 for youths ages 11-15. Cost is \$35. Teenagers 13 years and older may join the CYS Babysitter Referral Program with parental consent. For more information call American Red Cross at DSN 466-1760 or stop by Bldg. 10 to sign up and reserve your slot.

### Volunteer opportunities

Two outstanding volunteer opportunities are available at ACS for someone looking to gain valuable program experience. The Relocation Readiness program has an immediate volunteer opening for a program assistant every day until 11:30 a.m., and an afternoon opening for an assistant to compliment several programs. For more information call Lori Starnes at DSN 466-4089.

### Airport Shuttle Service Discontinued

As of Saturday the Airport Shuttle Service through Outdoor Recreation will be discontinued. MWR apologizes for any inconvenience and offers the following alternatives for travel to and/or from area airports:

- Taxi-Parsberg, 09492-6474, [www.europataxi.eu](http://www.europataxi.eu)
- Taxi-Neumarkt, 09181-48800, [www.europataxi.eu](http://www.europataxi.eu)
- Business-Service Shuttle – H.G. Zimmermann, 09492-906799, [www.business-serviceshuttle.com](http://www.business-serviceshuttle.com)
- Train service, schedules available at

[www.bahn.de](http://www.bahn.de)

### Bowl Your Brains Out

Bowl Your Brains Out at Lane 17 every Monday from 5-9 p.m. Bowl as many games as you want for just \$7 for adults and \$5 for kids 12 and under. Shoe rental included.

### Extreme Bowling

Bowl Your Brains Out with an Extreme Bowling twist every Saturday from 8 p.m. to close. Bowl as many games as you want for just \$10 for adults and \$7 for kids 12 and under.

### Employment opportunities

There are several employment positions open at Lane 17 including recreation aide with pay starting at \$7.25 and operations assistant with pay starting at \$8.50.

Positions include logistical support (CAC card, etc.). For more information call the NAF CPO office at DSN 466-2771.

### CYS Positions Open

Do you like working with children? CYS has employment opportunities for you.

CYS currently has numerous open positions including caregiver with pay starting at \$9.84, clerical with pay starting at \$11, and management positions. For more information call the NAF CPO office at DSN 466-2771.

### Parent Advisory Committee

CYSS patrons please join us and participate in your CYSS Quarterly Parent Advisory Committee (PAC) Meeting on Tuesday, Nov. 25 from noon-1 p.m. in the SAS, bldg. 112. Open discussion/topics will be focused on CYSS programs and services. CYSS program and facility staff will be present and lunch will be provided. Also, earn 1 Parent Participation Point for attending (a total of 5 points = a 10% discount). For additional information, contact CLEOS at DSN: 466-2078/2080.

### Volunteers Needed

The Hohenfels Community and Spouses Club is currently looking for volunteers to support our upcoming Holiday Bazaar on November 14-16. We are in need of many volunteers. There will be a special hour set aside prior to the opening ceremony for volunteers and VIP’s to shop. If you are willing to help, visit [www.hohenfelscsc.com](http://www.hohenfelscsc.com) and click on bazaar to fill out the volunteer form.

All money raised will go to the HCSC welfare account. E-mail [Mary\\_fitter@yahoo.com](mailto:Mary_fitter@yahoo.com) with the name of your organization and contact information.



## 7<sup>th</sup> US Army JMTC, G1

# You are invited to attend the JMTC G1/S1 Conference

- DATE: 6 November 2008
- TIME: 08:00 – 15:00 hrs
- LOCATION: Digital Training Facility, Bldg. 355,  
Room 104 & 105, Rose Barracks, Vilseck, Germany

Please confirm your attendance prior to 20 October 2008.



## Brighten Up Someone's Holiday Mail Early!

### 2008 Holiday Mailing Dates Europe To CONUS

*To ensure delivery of holiday  
cards and packages by  
25 December, mail should be  
entered by the recommended  
mailing dates:*

- 28 Nov - SAM Parcels**
- 4 Dec - PAL Parcels**
- 11 Dec - Priority Parcels**
- 11 Dec - First Class Letters**
- 20 Dec - Express Mail**





# What's Happening

## Ansbach Briefs

### Memorial fund

The 3-58th Aviation Regiment has set up a memorial fund for the Winebrenner family. Spc. Sean Winebrenner and his wife, Samantha, suffered the loss of their 2-year-old child and their unborn child in a vehicle accident Oct. 17.

The account is set up through Community Bank. The account number is 3681642350 and the routing number (for electronic transfers) is 015005504.

For more on the memorial account, call Kari Jablonski, the unit's family readiness support technician, at DSN 467-5062 or CIV 09841-83-5062.

### Welcome home 12th CAB

The Ansbach Community will officially welcome home 12th Combat Aviation Brigade Soldiers from their 15-month deployment to Iraq Nov. 14 starting at 10 a.m. at Katterbach.

The event features an official ceremony with Lt. Gen. Kenneth Hunzeker, V Corps commander, officiating; an unveiling of the Task Force XII commemorative print (available for purchase as well); and recognition of the Heroes of Task Force XII—including Soldiers and families.

Immediately afterward, USAG Ansbach invites everyone to its Veterans Appreciation Day activities in Hangar 2 on Katterbach. The celebration features live music, activities, and food and drinks.

### MWR facilities close

Many USAG Ansbach Family, Morale, Welfare and Recreation facilities will close to support Veterans Appreciation Day events Nov. 14.

Facilities that will not close include child development centers, school age services and teen centers.

Closed will be Army Community Service, auto skills centers, Better Opportunities for Single Soldiers, arts and crafts, recreation centers, bowling centers, outdoor recreation, Soldiers Lake, value-added tax office and the Terrace Playhouse.

Fitness centers will close at 9 a.m. All facilities will resume normal operating hours Nov. 15.

### 12th CAB formal Nov. 20

The 12th CAB invites brigade Soldiers, Family members, civilians and friends to attend its welcome home formal Nov. 20 at 5 p.m. at the Stadthalle Furth.

# A CHANCE TO BE INVOLVED

Some are content to watch the news. You can make it.

We have part-time jobs available right now.



## AIR FORCE RESERVE

DSN 480-3940 • [AFReserve.com/prior](http://AFReserve.com/prior)

20 Euros for E1-E6 and 35 Euros for E7-O6.

Contact unit representatives for more information or to purchase tickets.

### Hallelujah Roundup

The Katterbach Chapel's Hallelujah Roundup takes place Friday from 5-7 p.m. at the chapel. The free event features food, games and fun for elementary school-aged children and younger.

For more, call Destiney Sanchez at CIV 09802-95-7308.

### Harvest Festival

The Storck Barracks Chapel hosts its Harvest Festival Friday from 4:30-6:30 p.m. The event features free food, drinks, games, crafts, and information on chapel ministries and programs. Be sure to wear your family-friendly costumes, said chapel officials.

For more, send an e-mail to jenn-2jody@yahoo.com or call Jennifer Smith at CIV 0160-297-9757.

### Haunted House

The Illesheim Area Support Team and J. Ruth Roberts Chapter 22 of the Order of the Eastern Star host a haunted house Thursday from 6-8 p.m. and Friday from 6-10 p.m. in Bldg. 6508 under the outdoor living and new car sales AAFES facilities on Storck Barracks.

People can also get a picture taken and put in a Halloween frame for \$5.

### Collection of local debts

People who owed money to or were owed money by Sgt. 1st Class Gregory Rodriguez or Sgt. Errol James, both of the 527th Military Police Company in Ansbach, should contact 2nd Lt. Waskar Juarez at DSN 468-7670 or CIV 0981-183-670. A list of such accounts will be given to Rodriguez' and James' legal representatives.

### Illesheim PTSA

The Illesheim Elementary School Parents, Teachers and Students Association hosts bingo Nov. 5 at 6 p.m. at the Longbow Lounge on Storck Barracks.

The event features 15 games for \$15 with "great prizes and raffles for \$1 per ticket or \$5 for six tickets," said Maja Smith, president of the PTSA.

No children are allowed at the event, she added. Tacos in a bag and a drink meals are available for \$5—people who buy a meal get a free raffle ticket.

### BOSS trip

Ansbach's BOSS hosts a trip to Berchtesgaden Nov. 9-11 for \$65. The trip includes forays into Dachau, Garmisch and more.

Saturday, the trip leaves Ansbach on

the way to Dachau and then to Hinterbrand Lodge for poker night. Sunday features a visit to salt mines, a Celtic village and museum, and a boat trip from St. Wolfgang to St. Gilgen.

Monday the trip heads for Garmisch and Tuesday to Munich for a Third Reich Tour.

For more on the trip, send an e-mail to ansbachboss@eur.army.mil.

### Mailing deadlines

To ensure delivery of holiday cards and packages by Dec. 25, post office officials advise that mail should be sent by the recommended mailing dates: space available parcels, Nov. 28; parcel airlift mail, Dec. 4; priority parcels and first class letters, Dec. 11; express mail, Dec. 20.

### Soccer tourney

The Bunch Fitness Center at Storck Barracks hosts a five-vs.-five soccer tournament Nov. 8 at 8 a.m.

Teams are guaranteed three games, the championship team receives T-shirts and rosters are limited to seven players.

Teams need to register by Nov. 5. To register or get more information, call DSN 467-2810 or CIV 09802-83-2810.

### FRG training

Army Community Service offers family readiness group training Nov. 17-19 from 9 a.m. to 2 p.m. at the Katterbach Yellow Ribbon Room in Bldg. 5817A.

The training is open to people interested in learning more about FRGs, including people already serving in FRGs.

To register, call the Storck Barracks ACS at DSN 467-4397 or CIV 09841-83-4397, or the Katterbach ACS at DSN 467-2553 or CIV 09802-83-2553.

## Schweinfurt Briefs

### Don't miss the Halloween fun

The USAG Schweinfurt is offering various avenues of fun for kids on Halloween Friday.

- Attend School Age Services' masquerade ball on Askren Manor from 4 to 6 p.m. for kids first- through fifth-grade. Children will enjoy carnival games, prizes, refreshments, and music at the masked ball. Call DSN 354-6974.

- Then hop on over to the Community Harvest Fest at the Ledward Gym from 6 to 8:30 p.m. for more fun and games. Come dressed in your costume to enjoy food, candy, activity booths, and tons of games sponsored by Ledward Chapel.

- After you've had your fill of bouncing around, go to Ledward Library to watch scary movies and play eerie games. All ages are welcome and doors are open from 5 to 10 p.m.

### Schedule your high school parent/teacher conferences

For the convenience of families living in Schweinfurt, parent/teacher conferences will take place Nov. 6 in Schweinfurt at the Abrams Entertainment Center, Bldg. 444.

Schweinfurt high school conferences run from 9 a.m. to 2 p.m. with a lunch break for teachers from 11:30 a.m. to 12:30 p.m. Conferences will also occur Nov. 7 in Bamberg at the high school and will run from 8 a.m. to 3 p.m. with a teacher lunch from 11:30 a.m. to 12:30 p.m.

All conferences are on a walk-in basis. If a specific time is desired, please contact the teacher directly. For more information, call DSN 469-8874 or CIV 0951-300-8874.

### Flu vaccines

Do you prefer a quick stick in the arm or a week of headaches, coughing, sneezing, and misery? It shouldn't be a hard choice. The immunizations clinic is now giving flu vaccines during regular office hours on a walk-in basis: Monday through Friday from 8 a.m. to 11:30 a.m. and 1 p.m. to 3:30 p.m. The vaccine is available by injection or intranasal spray. For more information, call DSN 354-6378 or CIV 09721-96-6378.

### Auto winter safety inspection

The USAG Schweinfurt offers a free courtesy vehicle winter safety inspection tomorrow from 8 a.m. to 12 p.m. and from 12:30 p.m. to 3:30 p.m. to help you in winterizing your vehicle. Inspections will take place on Conn Barracks at the

POV Inspection Building. Call DSN 354-8298 or CIV 09721-96-8298 for more information.

### Flag football championship

Come watch the final Schweinfurt flag football game of the season tomorrow at Gold Field on Conn Barracks at 6 p.m.

The game will determine the garrison champions and also what teams will advance to the IMCOM-Europe championship in Grafenwoehr Nov. 6-9.

### Free Soldier dinner

Single Soldiers are invited to join a free turkey dinner Nov. 6 at the Finney Recreation Center on Conn Barracks at 6 p.m. Sponsored by Better Opportunities for Single Soldiers and the Chaplain Family Life Center, Soldiers can enjoy this time to relax, meet new people, and eat good food.

### Temporary racquetball, basketball court closure

Kessler Fitness Center racquetball and basketball courts will be closed starting Friday until Nov. 8. Cardio and weight rooms will remain open during this time.

As an alternative, Finney Fitness Center on Conn Barracks will remain fully open as follows: Monday-Friday from 6 a.m.-9 p.m., Saturday from 10 a.m.-6 p.m., and Sunday from 10 a.m.-5 p.m.

### Veterans' Day salute

The 15th USA Junior Reserve Officers' Training Corps Battalion invites the community to attend a special Veterans Day program Tuesday at the Bamberg Theater starting at 2 p.m. Join in and salute our veterans and Soldiers.

### Movie night for middle school set Saturday

Middle-schoolers are invited to attend a special movie night Saturday at the Ledward Teen Center from 8 to 10 p.m. The evening is sponsored by Club Beyond. For more information call CIV 0160-332-1498.

### New high school policy

Starting Monday, leaving the Bamberg High School Campus during lunch will be a privilege given only to 11th- and 12th-grade students who have a GPA of 3.0 or above and who have not had more than one discipline referral and no suspensions.

All students who fall under this category will be issued red I.D. passes from the office. All other students are not permitted to leave school grounds.

### Join adult book club

The community is invited to attend the adult book club at Ledward Library on the last Thursday of each month.

The next meeting is tomorrow at 5:15 p.m. to discuss the book, "Five Quarters

of the Orange" by Joanne Harris.

A copy of the book can be picked up at the library front desk. Enjoy coffee, tea, and treats during discussion.

For more information, call DSN 354-1740 or CIV 09721-96-1740.

### Newcomer orientation slated Monday through Nov. 7

Are you new to the Schweinfurt community? If so, then the five-day Schweinfurt Newcomers Awareness Program is the fit for you from Monday to Nov. 7.

Free childcare is available the entire week. Get acquainted with the military community as well as the German town of Schweinfurt.

For more information or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

### Photography contest

Compete against the best photographers in the Army. Active Duty members and civilians are encouraged to express their artistic abilities and submit their favorite digital images.

Submit your work by Dec. 7 at <https://artscrafts.fmwr.army.mil>. You must complete a personal profile before uploading your photos.

For information and assistance, please visit Ledward Crafts Studio or call DSN 354-6903.

## Bamberg Briefs

### Horror Show

Come join the fun at the Stable Theater for the Rocky Horror Night on Oct. 31 at 9 p.m.

Don't miss this cult classic! Adults only. Admission is free. For more information, e-mail [james.w.fredrick@us.army.mil](mailto:james.w.fredrick@us.army.mil).

### Twilight Costume Party

Join the post library for the "Twilight Halloween Costume Party" on Oct. 30 at 6 p.m.

Costumes will be based on Stephenie Meyers' "Twilight" series.

### Scouts Haunted House

Come join the frightening fun at the Boy Scouts, Cub Scouts and Girl Scouts Haunted House.

There will be food and refreshments for sale. There's fun for kids of all ages, even the big ones. It will be at Bldg. 7081 (near the Commissary) Oct. 29 from 6 to 9 p.m. and on Oct. 30 from 6 p.m. until midnight. It'll be a scream!

### Dark and Scary Karaoke

FMWR's Moonlight Cabin Bar invites everybody to the Dark and Scary Karaoke Madness Halloween Party, from 9 p.m. to 1 a.m. on Oct. 31.

For information, call DSN 469-8423.

Child and Youth Services presents...

# Trunk or Treat

31 October  
1700-2000

Katterbach Hall  
**KATTERBACH LOCATION CHANGED!**  
Now at: SAS Parking Lot, Katterbach  
Medical Clinic Parking Lot

Feed the spooks and goblins! Trick or Treaters can snag their snacks from the trunks of cars parked in designated locations.

Cars participating must be in the parking lot by 1630  
For more information, please call 09841.83 4703 or 467.4703.





# Ansbach woman finishes 2nd in Run to the Tower

■ *Illesheim's Torres says 'no more excuses,' wins silver in Italian race*

Story and photos by  
**JOYCE COSTELLO**  
*USAG Livorno, Italy, PAO*

Two ladies—including a spouse from Storck Barracks—living in different countries decided that they wanted to run the 26th Annual Camp Darby 12-K Run to the Tower as a way to do something special for themselves.

More than 250 runners from across Europe participated in the road race held in Pisa, Italy, Oct. 17.

Italian runner Daniele Del Nista, with a time of 40:02 minutes, finished first overall and claimed the men's title, while fellow Italian Gloria Marconi took the women's division with a 42:41 finish.

While winning the race is certainly an honor, simply participating in the race for two Army civilian employees was a way to do something special for themselves.

Genevieve Torres, who lives in Illesheim, finished second in her gender and age group. She lived in Kitzingen from 2001-2003, but because her family was growing in size she never had the chance to take part in the event.



**Genevieve Torres, from Storck Barracks, runs along the Arno River in Pisa, Italy, during the Annual Run to the Tower.**

"This year I decided to stop making excuses and train," Torres said. "I have four kids and I want to set a good example. They've seen me set goals and accomplish them, so I know they will do the same."

Vicki Long, the School Age Services and Youth Services coordinator for nearby USAG Livorno, walked the race in 2006. She then trained vigorously for it 2007 but was too sick to run. So this year was her first time to actually run the course.

"I turn 40 this year, and I think finishing this run is a good feat," she said as she checked an iPod chip in her shoe. "This year I'm feeling pretty confident about finishing, and I made sure I had all of my favorite tunes...to motivate me when I get tired."

Indeed, the focus for both women was simply finishing.

"I'm not worried about time. I'm not out to win a medal," said Long. "This is about just doing it for me."

"It's mom's day," added Torres. "This is a way I can take care of myself."

Long, who doesn't consider herself a runner, danced ballet and jazz for 10



**Genevieve Torres, from Storck Barracks, poses with her children before running 12 kilometers. Her husband, who is currently deployed to Iraq, called her early in the morning to encourage her and wish her luck.**

years before she started running four years ago when, she said, "I couldn't even run a lap around the base."

Torres, a family readiness support assistant for the 3-159th Aviation Battalion, said she is very involved with a health and fitness program for

spouses at USAG Ansbach.

"We have a health and wellness program called Lose to Win for spouses during deployments and some will be running in the Halloween Hustle 5-km Fun Run on Storck Barracks," she said. "I believe spouses

can always make time for themselves and for fitness.

"The house doesn't have to be spotless and the kids don't need a five course meal—you have to take care of yourself first in order to be able to take better care of others," Torres added.

## Boo! MWR offers candy, scares, fitness for Halloween

by **RONALD H. TOLAND JR.**

*Bavarian News*

Whether it's frights, sweets or a nice run people are looking for this Halloween, Ansbach's Directorate of Family Morale, Welfare and Recreation is aiming to please with this year's lineup.

U.S. Army Garrison Ansbach MWR planned the lineup with families and children in mind, said Erin Binkley, Ansbach MWR Communications and Marketing.

"We want to involve the community in positive, fun activities to celebrate Halloween," she said. "With the return of so many 12th Combat Aviation Brigade Soldiers and the recent deployment of Soldiers from Storck Barracks, we believe that now is the time to offer up our best activities and events to support and entertain the Soldiers, Family members and civilians of USAG Ansbach."

Binkley added that children and grownups alike can participate in planned events.

Some of the events on tap for families are:

■ Halloween Hustle Fun Run, Oct. 25 at the Bunch Fitness Center on Storck Barracks. The event includes a children's 1-miler starting at 9 a.m. and a 5-km race for adults at 10 a.m. However, runners must register by Oct. 22 at either the Katterbach or Bunch Fitness centers.

"It's a great chance to show off your costumes, get some exercise and burn off some of your Halloween candy calories," said Binkley.

■ Storck Barracks Community

Library gets in on the fun with a Halloween Bash, Oct. 31 at 4 p.m. This event features a family-oriented costume party, refreshments and a "scary good time," Binkley said.

And what's Halloween without a haunted house and the all children's favorite, trick or treating.

■ Trunk-or-Treat, Binkley said, is geared toward trick-or-treaters and off-post community members,

so that everyone can participate in one of America's most treasured Halloween traditions in a safe and fun environment.

"I'm taking my three kids to trunk-or-treat because it is a safe place to take them. It's indoors so weather isn't an issue either," said Daniel Brush, deputy director of Ansbach's Directorate of Emergency Services. "Halloween is a tradition and kind of

starts the holiday season.

"Being over here they do not get the exposure they would be in the U.S.," he added. "It's fun doing things and spending time with your kids doing things they enjoy. Besides, my kids have sweet teeth!"

Trunk-or-Treat allows trick-or-treaters to fetch treats from the trunks of cars parked in the designated locations. Trunk or Treat events

take place Friday from 5-8 p.m. at Katterbach Hangar 2 and at the Storck Barracks Dental Clinic parking lot.

Those planning to attend and give out candy need to have their cars parked by 4:30 p.m. For more on trunk or treating, call DSN 467-4703 or CIV or 09841-83-4703.

■ Finally, the Better Opportunity for Single Soldiers program offers their annual Haunted House Friday from 6-9 p.m. at the BOSS facility on Bismarck Kaserne (under the post exchange).

The cost is a BOSS Morale Booster item to send to a deployed single Soldier.

The haunted house is aimed at teens and adults, but, "is a truly spooky event for those who are not weak at heart," Binkley said.

"FMWR wants our Families and Soldiers to know that their community supports them," Binkley said. "We are thrilled to take the opportunity during Halloween to celebrate our wonderful community members with a variety of events and programs."

Other events on tap for the season are a bowling costume party Friday at 6 p.m. at Apache Lanes on Storck Barracks, featuring a costume contest and pizza specials.

A Halloween parent and child 40-frame game tournament takes place Friday at 6 p.m. at Action Lanes on Katterbach Kaserne. Register by Thursday. Call the bowling center at DSN 467-2638 or CIV 09802-83-2368 for more information or to register.

For more information on Halloween events, send an e-mail to [ans-mwr@eur.army.mil](mailto:ans-mwr@eur.army.mil)

### Follow Halloween safety tips for a fun holiday

#### Trick-or-treat

The promise of Halloween candy may leave stars in your child's eyes. But safety still rules.

■ Get in on the fun.

Accompany trick-or-treaters younger than age 12. Pin a piece of paper with your child's name, address and phone number inside your child's pocket in case you get separated. Encourage older kids to trick-or-treat with a group of friends, parents or older siblings.

Make sure someone in the group carries a flashlight with fresh batteries.

■ Stay close to home. Don't allow your child to go door to door in an unfamiliar neighborhood.

■ Set ground rules. If your child will be trick-or-treating without you, establish a route and set a curfew. Review safety rules, including staying with the group, walking only on the sidewalk,

approaching only clearly lit homes and never going inside a home.

You may want to give your child a cell phone for the evening should he or she need to contact you.

■ Inspect the treats carefully. Don't let your child snack while he or she is trick-or-treating. Inspect the treats first — and discard anything that's not sealed, has torn packaging or looks questionable. If you have young children, weed out gum, peanuts, hard candies and other choking hazards.

■ Ration the loot. If your child collects gobs of goodies, dole out a few pieces at a time and save the rest. Most candy remains fresh for at least several months. You may even ask your child if he or she would like to swap some — or all — of the candy for something else, such as a special toy, book or outing.

#### Home safe home

If you'll be handing out treats,

make sure you're ready for trick-or-treaters.

■ Clean up. Put away anything trick-or-treaters could trip over, such as garden hoses, toys, bikes and lawn decorations. Clear wet leaves, snow and ice from the sidewalk.

■ Turn the lights on. Replace any burned-out bulbs to ensure good visibility at your door and the walkway leading up to it.

■ Control your pets. Take no chances that your pet might be frightened and chase or bite a child at your door.

■ Consider sugar substitutes. Instead of handing out sugar-laden treats, try stickers, glittery pencils, rubber insects or colored chalk.

If you'll be driving on Halloween, watch for children who might pop out between parked cars. Be especially careful entering or leaving driveways and alleys. Extra caution can help ensure a safe night for everyone.

Visit [www.ansbach.army.mil](http://www.ansbach.army.mil) for a list of installation services, a unit and tenant listing, weather/road conditions, and a post or Army Europe electronic phone book. Click on the News tab for the Cultural Calendar and a link to the Bavarian News Web archive.



# Take a hike - with a local Volksmarch Club

by RONALD H. TOLAND JR.  
*Bavarian News*

Getting out and involved with the local community is just one of the benefits of Volksmarching, and Ansbach's Volksmarching club offers community members a chance to reap those benefits.

Not only is Volksmarching an honored German tradition, but the exercise, scenery, and meeting new people are added benefits, according to John Strader, a member of the German and American Walder Club in Ansbach.

"The scenery is awesome," said Strader, who has been marching for several years. For him, it is all about contact with the people of the local

community.

"Interaction with the local nationals is the biggest advantage of being a member—the health benefits, getting out of the house, seeing the sights, meeting the people with little to no language barrier. For me there is a lot of benefit to that," he said.

And the membership fee is minimal.

"For less than 20 Euro per family for a year's membership you get all the planned marches" at a reduced per-march rate, said Strader.

"If you go as a member, the marches are 2.50 Euro versus 4.50 Euro," he said.

He said that the club travels to many local areas of interest, including Crailsheim and Rothenburg, adding that they do not always just

march locally.

"The club goes on two to three bus trips a year," said Strader. "As a club, we may go to Italy, the Alps, Czechoslovakia, Austria, but we do also travel to closer places, too, like Bamberg. For a reduced price, say 45 Euro for the night, including transportation, lodging, and food, you can't beat it."

However, he said, marchers do not have to be club members to attend.

"If you want to go as an individual and just go, you are welcome to come along," said Strader.

He said club officials want to see younger people join and get involved in the weekend marches.

"The people in the club and on the marches are great and the marching—it's a great time," he added.

Strader said that the gravel Volksmarch paths are usually wide, pre-planned paths that are not difficult to manage and are family- and stroller-friendly. The 75-member club's next information meeting is Nov. 10 at the Gasthaus Zur Sommerfrische (Oberhäuserstr. 38, 91522 Ansbach). Members meet every other Monday to discuss up-and-coming marches, which take place all year.

Everyone is invited to attend to find out more about the club or get in on the fun, Strader said. For more information, call Strader at DSN 468-7921 or CIV 0981-183-7921.

## FMWR's Muddy Buddy

Specialists Evan Burgess and Juan Bautista, Bravo Company of the 412th Aviation Support Battalion, show off their trophies as overall winners of Ansbach Family, Morale, Welfare and Recreation's Muddy Buddy obstacle race Oct. 18 at Soldiers Lake. Seventeen teams—including three from the local German communities—squared off against one another at the event.

*Photos by Ronald H. Toland Jr.*



Team Tipple—comprised of Capt. James Tipple of Headquarters and Headquarters Company, 3-158 Aviation Battalion and wife Sarah, Ansbach Army Emergency Relief officer—maneuvers through the low-crawl obstacle course during Ansbach's Family, Morale, Welfare and Recreation's Muddy Buddy race Oct. 18 at Soldiers Lake. Seventeen teams, including three from the local German communities, squared off against one another at the event. MWR's Road Race Series continued Oct. 25 with the 5-K Halloween Hustle. It picks up again with the Turkey Trot 5-K and Kids 1-Miler Nov. 15 at 10 a.m. at the Katterbach Fitness Center.

## GARRISON SNAPSHOTS



*Photos by  
Jim Hughes*

(Above) Scott Stapp, former lead vocalist for the rock band Creed and now solo artist, belts out the vocals as bassist Zelick rocks out during a free concert Oct. 11 at Hangar 2 on Katterbach Kaserne. Stapp and his band performed for the Ansbach community thanks to a joint tour courtesy of Navy and Armed Forces Entertainment.

(Right) Alex Bodnar jams on guitar with his teeth.

(Above right) Scott Stapp belts out vocals.





## Features

### AMAZING FEAT

# 2SCR spouse takes support to new heights, scales Kilimanjaro while husband deployed

by **BARBARA L. SELLERS**  
*Fort Lewis Northwest Guardian*

Support the Troops signs are not unusual, but seeing someone holding that message on top of the highest peak in Africa is another story.

That's what Naomi Cheever, who works at the Northwest Adventure Center, did.

She stood at the 19,340 foot summit of Mount Kilimanjaro, in Tanzania, Aug. 28, holding a Support the Troops flag.

Cheever first got the idea last summer to do the eight-day climb to honor her husband, Staff Sgt. Jacob Cheever, 3rd Squadron, 2nd Cavalry Regiment, who is in Iraq, and other deployed Soldiers.

She returned to Fort Lewis from Vilseck, Germany, during her husband's deployment.

She trained on area mountains in Washington for her African climb.

"Most of the climb wasn't that difficult, but there were parts where it was hard to tell where the path was going," Cheever said. "At the end of the day, my body wasn't

sore. The most challenging part of the climb was the summit day."

According to Cheever's daily account of the climb, however, the summit day sounded more than just "challenging" as she faced extreme cold, scaled large boulders, and suffered from altitude sickness.

"I could have never understood how horrible it was going to be, and there was one point where I didn't know if I was going to make it," she said.

One thing that helped a lot was having a woman companion, Alexia

Kazarian, from France, along on the climb, she said.

"When I was weak, she was there for me, and when she was weak, I was there for her," Cheever said.

It was so cold on the day of the summit that Cheever said she lost feeling in her toes and fingers had trouble gripping her trekking poles.

"I was wearing six pairs of pants, three shirts, two fleeces, a ski jacket, a knit hat, and a scarf, and I was still freezing and miserable," she said.

She also became nauseous as a result of altitude sickness.

"After a couple of hours of stopping to throw up," she said, "I decided to do the 'walk and toss.' I literally would be walking and just move my head to the side to vomit, while I continued to climb."

The altitude sickness continued for the first five hours of the summit climb, but Cheever refused to give up.

"Actually, at that point, I didn't have much choice," she said.

"Nobody comes that far just to turn around, but just thinking about God, family, and all of our troops were what motivated me

to keep going."

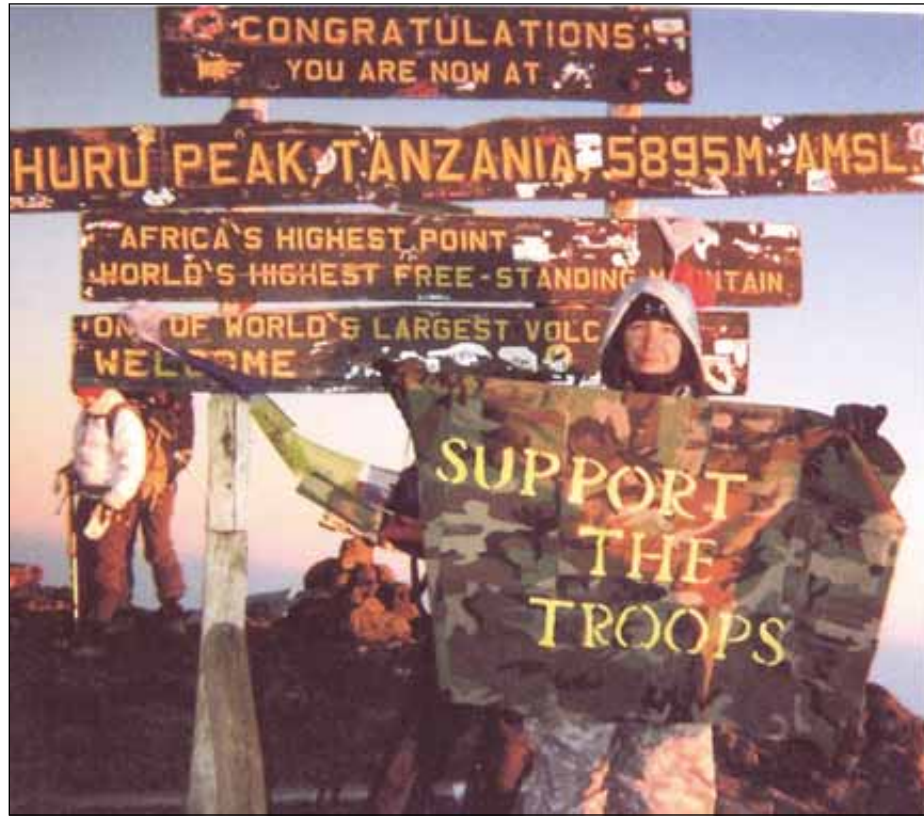
The last two hours of the climb, Cheever started to feel better.

"I knew I could make it those last two hours because I had no headache, nothing," she said. "I felt about as good as anyone could feel after climbing that far."

Seven hours and 15 minutes after she set out, Cheever stood at the summit.

"The view was amazing," she said.

"We got there at sunrise on a clear day, and we could see the glaciers all



**Vilseck spouse Naomi Cheever displays a sign in honor of her husband atop Mount Kilimanjaro, in Tanzania Aug. 28.**

*Courtesy photo*

**... just thinking about God, family, and all of our troops were what motivated me to keep going.**

**Naomi Cheever**  
Spouse of 2SCR Soldier

around. The scenery was majestic, and I was so ecstatic that I was able to get to the top of the mountain in honor of our deployed troops."

The best part was holding the flag at the top with the other climbers watching, she said.

Although Cheever had trained hard for the climb, she said there are many reasons some people make it to the top, while others don't.

"It partly has to do with your physical condition, but it also has to do with the climber's ability to acclimate to the altitude," she said.

"I never did a climb like this before, and I knew I was getting out of my comfort zone, but what the Soldiers are doing is not comfortable. To honor them, I needed to make it difficult."

Cheever spent eight days on the mountain - six days on the ascent and two days descending.

"I can now say that I climbed to the summit of Mount Kilimanjaro, the highest peak in Africa," she said.

#### Volunteering in Africa

Following her successful climb to the top of Mount Kilimanjaro and back, Naomi Cheever stayed in Africa to volunteer at the Moshi Juvenile Detention Center. While working there, Cheever stayed in the Moshi CCS Home for volunteers in Tanzania, Africa.

She felt blessed to have an outstanding roommate, Elizabeth Ryan, from Nova Scotia, Canada.

"She inspired me every day, especially in my volunteer work," Cheever said. "Elizabeth is so much the reason I was able to survive in that home as a happy person."

Unfortunately, while Cheever was on a safari with Ryan and six other women, they were involved in

a terrible vehicle accident. None of the ladies was wearing a seat belt, and Ryan was killed instantly.

Although all of the other five women survived, Cheever received some deep wounds. Because of that unfortunate accident, Cheever's volunteer work was cut short, and she returned to Fort Lewis much earlier than she had originally planned to receive the medical care she needed.

Cheever will soon leave the Fort Lewis area to return to Vilseck, Germany, to meet her husband when he returns home from deployment in Iraq.

"The volunteer work I did in Africa was a life-changing experience for me," she said. "It was both the best time in my life and the worst time in my life, all in one month. I have met some of the most amazing people of my life there, and if I could, I would live there."

# Father, son-in-law make deployment a family affair

by **SGT KEITH ANDERSON**  
*16th SB Public Affairs*

For one first sergeant, whose father-in-law is a sergeant in his company, this deployment to Iraq is a family affair.

1st Sgt. Rene Berlingeri, first sergeant, 268th Cargo Transfer Company, 18th Combat

Sustainment Support Battalion, said working with his father-in-law, Sgt. Carlos Velazquez, CRSP yard manager, 268th CTC, doesn't cause any problems.

"Sgt. Velazquez and I have been in this unit since November 2007, and we have a great relationship," said Berlingeri. "He is very respectful — he's an 'old school' non-

commissioned officer — and understands his role. He knows I am the first sergeant regardless of my age or even that I am married to his daughter. For us there is no issue, and we continue to execute the mission as always."

The 37-year-old first sergeant from Caguas, P.R., said there have been some funny moments, though, between himself, his 27-year-old wife, Jessika Velazquez, and her father, Carlos.

"He transferred from the National Guard in Puerto Rico to the Army Reserve, and afterwards for some reason during the contract procedures his leave and earnings statement showed that he had only one year in the service," Berlingeri said.

"He was talking to Jessy when she found out that he wasn't getting paid correctly, and then she called to my cell, and said to me, 'Honey, you know that Daddy isn't getting paid correctly, and I know you can fix this, there is nothing that you cannot fix, you are the first sergeant,' so just minutes later I called Jessy back and said, 'Hey, Mami, it's been fixed, anything else?'" Berlingeri said.

The first sergeant said the three of them had a clear chain-of-command.

"We know who the O-6 (colonel) is back home — Jessy," he said.

Velazquez, a 46-year-old father of five, said it was strange, at first, working under his son-in-law.

Working with my son-in-law as my first sergeant was at the beginning kind of confusing,"

Velazquez said. "I did not know how to approach him, so I did the best thing, stayed out of his sight. My fellow Soldiers did not know me personally, but they knew I was the first sergeant's father-

in-law, so making friends was very hard at the beginning."

Velazquez said that's not the case, anymore.

"Nowadays I am known as Sgt. Velazquez, instead of the first sergeant's father-in-law," he said. "So far I have always talked to him as a first sergeant, though we sometimes call each other by our first names."

Berlingeri, who works in a biotech company when he's not on Reserve duty, said the first time he met his wife's father he was surprised to find out his rank.

"When I met Jessy's dad she didn't tell me what rank he was she just told he that he was in the Army," Berlingeri said. "So we spoke at their house for maybe 45 minutes then the question came from him, 'So, Rene, you are in the Army, what's your rank?'"

Berlingeri explained his job in the Army Reserve, and then his rank.

"I told him that I was a sergeant first class and a chief instructor of the '88-Series' (transportation) at the 8th Brigade, 108th Division (Institutional Training), and then he told me that he was a specialist in the Army National Guard, and Jessy started laughing, saying 'Ha Ha, Rene outranks you,'" Berlingeri said. "I thought it wasn't funny, but we both smiled, and since that day we've had a great relationship."



*Courtesy photo*

**1st Sgt. Rene Berlingeri, first sergeant, 268th Cargo Transfer Company, 18th Combat Sustainment Support Battalion, and his father-in-law, Sgt. Carlos Velazquez, CRSP yard manager, 268th CTC, work together in the same company at FOB Marez, Iraq.**

**Working with my son-in-law as my first sergeant was at the beginning kind of confusing... I did not know how to approach him, so I did the best thing, stayed out of his sight.**

**Sgt. Carlos Velazquez**

Father-in-law of 1st Sgt. Rene Berlingeri



# Soldiers, family health care feedback sought during Warrior Care Month

*U.S. Army Medical Department, PAO*

November has been designated as Wounded Care Month and the Europe Regional Medical Command will be providing information about the health and quality of care for wounded, ill or injured service members and their families.

Visit the ERMCMC Web site (<http://ermc.amedd.army.mil>) in November for weekly information or to submit a healthcare question by clicking the “Ask the Doc” e-mail link. Questions can also be submitted to Brig. Gen. Keith W. Gallagher, the U.S. Army Europe and 7th Army Command Surgeon and also the ERMCMC Commanding General, on his blog site.

Additionally, the Military Health System is asking wounded, ill or injured service members and their families to help health system leadership better understand the needs and expectations of

warriors in their care by completing an online questionnaire.

The questionnaires—one for wounded, ill or injured service members and one for family members—are available through Nov. 28 on the Military Health System Web site at <http://www.health.mil>.

The questionnaires ask for feedback concerning a service member’s experience and satisfaction with the care he or she has received since becoming wounded, ill or injured.

All questionnaire responses are anonymous to encourage honest and specific answers that will lead to positive changes in how the MHS handles care for wounded, ill or injured service members.

The questionnaires are part of Defense Secretary Robert Gates’ commitment to supporting wounded, ill and injured service

members—ensuring that their care is the Department of Defense’s top priority. Care is continually improving but MHS leaders recognize that there is still more to be done. By listening to the opinions of wounded, ill or injured service members and their families, the MHS will be in a better position to meet their needs and expectations. The online questionnaires are available directly at <http://www.health.mil/Pages/Page.aspx?ID=18>.

America’s Military Health System (MHS) is a unique partnership of medical educators, medical researchers, and healthcare providers and their support personnel worldwide. This DoD enterprise consists of the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Joint Chiefs of Staff; the Combatant Command

surgeons; and TRICARE providers (including private-sector healthcare providers, hospitals and pharmacies).

About TRICARE Management Activity and the Military Health System TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.2 million eligible beneficiaries worldwide in the Military Health System.

The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS, go to [www.health.mil](http://www.health.mil).

# Find out what you can do to protect yourself, loved ones from a domestic violence situation

*Special to the Bavarian News*

October is Domestic Violence Awareness Month.

The Bamberg Health Clinic’s Department of Behavioral Health focuses on several proactive measures in order to ensure healthy relationships between Soldiers and their families.

This month, the Bamberg Health Clinic is focusing on several issues surrounding domestic violence, including the definition of abuse, ways to prevent and end violence, how to help a friend who is being abused, and safety planning checklists that were taken from the U.S. Department of Health and Human Services, Office on Women’s Health, at [www.womenshealth.gov](http://www.womenshealth.gov).

**What is Abuse?**

Sometimes it is hard and confusing to admit that you are in an abusive relationship, or to find a way out. There are clear signs to help you know if you are being abused. If the person you love or live with does any of these things to you, it’s time to get help:

- monitors what you're doing all the time
- criticizes you for little things
- constantly accuses you of being unfaithful
- prevents or discourages you from seeing friends or family, or going to work or school
- gets angry when drinking alcohol or using drugs
- controls how you spend your money
- controls your use of needed medicines
- humiliates you in front of others
- destroys your property or things that you care about
- threatens to hurt you, the children, or pets, or does hurt you (by hitting, beating, pushing, shoving, punching, slapping, kicking, or biting)
- uses or threatens to use a weapon against you
- forces you to have sex against your will
- blames you for his or her violent outbursts

**How You Can Help Prevent and End Violence**

- **Call the police** if you see or hear evidence of domestic violence.
- **Support a friend or family member** who may be in an abusive relationship.
- **Volunteer** at a local domestic violence shelter or another organization helping survivors or working to prevent violence.
- **Raise your children to respect others.** Teach your children to respect others and to treat others as they would like to be treated. Lead by example.
- **Protect yourself.** Take a self-defense class.
- **Become an activist.** Participate in a Take Back the Night march, a yearly march held in most major cities to raise awareness about violence against women. Or tell your congressional representatives that you expect their support for the funding of domestic violence survivor services and prevention programs.

**How to Help a Friend Who is Being Abused**

- **Set a time to talk.** Set aside a time to talk privately with your friend. Make sure you talk in a quiet place where you won’t be distracted.
- **Let your friend know you’re concerned about her safety.** Be honest. Help her to see the abuse. Tell her about times when you were worried about her safety. Help her see that what she’s going through is not normal and that she deserves better. Let her know you are concerned about her and want to help.
- **Let your friend know you understand she’s in a tough situation.** Make sure she knows the abuse is not her fault. Tell her that she is not alone, that she has many people who love her and care about her. Let her know there is help and support out there.
- **Be supportive.** Listen to your friend. Keep in mind that it may be very hard for her to talk about the abuse. Let her know that you are there

to help her.

- **Don’t place shame, blame, or guilt on your friend.** Don’t say, “You just need to leave.” Instead, say something like, “I get scared thinking about what might happen to you.”
- **If your friend decides to stay, continue to be supportive.** She may decide to stay in the relationship. Or she may leave and then go back to the relationship many times. It may be hard for you to understand, but there are lots of reasons people stay in abusive relationships. Be supportive, no matter what your friend decides to do.
- **Encourage your friend to do things outside of the relationship, with friends and family.**
- **Help her make a safety plan.**
- **If your friend decides to leave, continue to be supportive.** Even though the relationship was abusive, she may still feel sad and lonely once it is over.
- **Encourage your friend to talk to someone who can help.** Offer to help her find a local domestic violence agency. If she decides to take this step and get help, offer to go with her to the agency, to talk to friends and family, to the police, or to court.
- **Keep in mind that you can’t “rescue” your friend.** She has to be the one to decide it’s time to get help. Support her no matter what her decision.
- **Let your friend know that you will always be there no matter what.**

**Creating Safety Planning Lists**

Here are some helpful items to get together when you are planning on leaving an abusive situation.

- Keep these items in a safe place until you are ready to leave, or if you need to leave suddenly. If you have children, take them. And take your pets, too (if you can).
- **Identification for yourself and your children**
  - birth certificates
  - cash

- social security cards
- credit cards
- driver’s license
- ATM cards
- photo identification or passports
- checkbook and bankbook
- welfare identification
- green card
- **Keys (house and car)**
- **Funds**

**Important Personal Papers**

- marriage certificate
- safety deposit box or post office box
- divorce papers
- custody orders

**A way to communicate**

**Important Personal Papers**

- legal protection or restraining orders
- phone calling card
- health insurance papers and medical cards
- cell phone
- medical records for all family members
- address book
- children’s school records
- investment papers/records and account numbers

**Things to help you cope**

- work permits
- pictures
- immigration papers
- keepsakers
- rental agreement/lease or house deed
- children’s small toys or books
- car title, registration, and insurance information

If you’d like more information on domestic violence, please contact the Department of Behavioral Health at CIV 0951-300-7793.

This information and more can be found at the U.S. Department of Health and Human Services, Office on Women’s Health, [www.womenshealth.gov](http://www.womenshealth.gov).

# Injectable flu vaccines available in Army clinics now

*ERMCMC Public Affairs release*

Injectable influenza vaccines have arrived at almost all Army medical clinics throughout Europe, and all authorized beneficiaries are encouraged to get immunized.

There is a sufficient amount of influenza vaccination available this year, Army medical officials report.

The latest shipments of injectable vaccines make it possible to provide flu vaccine to all health care beneficiaries in theater, regardless of age.

FluMist® intranasal vaccine, approved for 2-49 year olds, has been

available since late September.

Injectable vaccine, an inactivated protein-derived vaccine given by intramuscular injection, may be used for those with medical conditions that preclude the use of FluMist®, such as pregnancy or certain allergies, long-term health problems, or where intranasal vaccine is unavailable due to logistical constraints.

There is a pediatric injectable vaccine especially for infants and children ages 6-36 months and a separate injectable for older children and adults.

Injectable vaccine will be

administered to beneficiaries for whom FluMist® has not been recommended, to include adults 50 and older.

“It’s important to get vaccinated each year,” said Col. Evelyn M. Barraza, preventive medicine consultant for the Europe regional Medical Command.

She said influenza viruses change from year to year. Protection that develops after a person is infected or is immunized against the circulating viruses of one season does not provide adequate cross-protection when a new influenza strain develops.

Because of this, flu vaccines are updated every year and an annual vaccination is recommended.

Studies have shown that both the injectable vaccine and the nasal spray vaccine are safe and effective at preventing influenza.

Authorized beneficiaries should contact their local Army medical clinic to learn about its influenza immunization schedule.

This year’s goal is to immunize 95 percent or more of the U.S. Army Europe active duty population by Dec. 31.

Members of the active force can

expect to receive information from their units. Other beneficiaries should contact their local health clinic.

The Centers for Disease Control in Atlanta publishes guidelines for influenza vaccinations, and the Army will follow those guidelines in its annual campaign.

For more general information on influenza and the benefits of receiving the annual vaccination, visit the CDC web site at [www.cdc.gov/flu/](http://www.cdc.gov/flu/) or [www.vaccines.mil/flu](http://www.vaccines.mil/flu).

Call your local health care clinic for vaccination availability and hours.

**The Grafenwoehr Health Clinic will be supporting the Blackhawk Brigade’s preparation for deployment. There will be limited availability of appointments. However, we have partnered with our German preferred providers to ensure we meet your immediate health care needs. We anticipate improved access beginning Dec. 1. If you have a health care concern and there are no slots available, please speak with our nursing staff they will facilitate access with our partner providers in the area.**



# School stakeholders put heads together

Story and photo by  
**MARK HEETER**  
*Schweinfurt CI Chief*

Teachers, parents and students rolled up their sleeves at the Schweinfurt Middle School Oct. 10 to take on the task of improving the school and, more specifically, reading comprehension and math skills.

A campaign of “continuous school progress” is underway at the school, following the recent Terra Nova testing,

according to Dr. George Carpenter, SMS principal.

“(The test) gives us information about how our students perform in these academic areas compared to others throughout DoDDS and the United States,” Carpenter said.

During a staff development day at the school, parents and students were invited in to work with the school staff to improve two areas.

“In our case, the areas that we identified that we need to improve were reading comprehension and mathematics,” Carpenter said, adding that parents are always welcome to attend the development days.

“One of the things that is sacred

to the school improvement process is that you get involvement from all stakeholders. In order for our plan to be successful, we need input from all our stakeholders,” Carpenter said. “That is the importance of having various groups involved in this decision-making process.”

The importance of parental involvement in their children’s education cannot be underestimated, according to Carpenter.

“It’s very important to have

parents a part of this process, because there’s a lot of research that shows even parents coming to school makes a difference in how well students will do in school – just by being on the school grounds,” he said.

Alice Garcia, whose seventh-grade daughter,

Pamela Rivera, also took part in the sessions, said her daughter insisted that she participate.

“She likes me to be involved all the time,” Garcia said. “I’m also interested in what’s going on.”

The entire Schweinfurt community faces challenges – and school improvements – together, Garcia said.

“As a community, we’re dealing

with the same situation and we can see how much stress the kids are dealing with,” as they go through deployment cycles and changes of station, she said.

Breaking into groups, participants were required to collaborate and develop pinpoint solutions to the two focus areas.

The cooperative spirit of solving problems and developing plans is nothing new to the staff at the school, according to Darlene Spencer, sixth-

and seventh-grade language arts teacher. As part of their normal routine at the school, teachers are broken into working teams, she said.

“We’re already committed to that kind of process and people already know how to deal with issues, how to solve problems,” Spencer said.

“I think, one thing, when we do this we always just feel kind of closer together.” I think we have renewed professional respect for each other,” she said.

Once the group isolated the core essences to attacking the reading comprehension and mathematics issues, they developed intervention measures, which will be executed by all teachers throughout the curriculum, according to Carpenter.

“There are many, many interventions available. We are looking for research-based interventions, things that we know based on research and studies that will be successful,” Carpenter said.

“It’s very important to have parents a part of the process... even parents coming to school makes a difference...”

Dr. George Carpenter  
SMS Principal



School counselor Fred Conrad makes a point during the staff development day at Schweinfurt Middle School Oct. 10.

## Miska’s Life nabs outstanding performance nod

Story and photo by  
**SANDRA WILSON**  
*Bavarian News*

A game of rolling dice determines the fate of a young man and woman. This is the game Heather Miska played in her role as Life in this month’s community theater drama “The Game” by Louise Bryant.

Her portrayal of the character Life, arguing and playing a game of dice against Death, won her the award of Outstanding Youth Performance at IMCOM-Europe’s Festival of One Act Plays in Heidelberg earlier this month.

“It was a bold choice to cast the script with youth,” said Jim Sohre, IMCOM-E entertainment director, about how all four characters in “The Game” were played by youth under 15.

Now a fifth-grader, Miska has been acting since she was 7 years old debuting in “TV Time” in the Kitzingen community.

Including numerous other performances, she also appeared as Anne Frank in this year’s, “And Then They Came for Me” in Schweinfurt’s community theater.

In Heidelberg this month, the festival judges’ eyes were captured by Miska’s unique performance in “The Game.”

“I am Life and my brother is Death,” Miska said, explaining how her older brother was cast as her counterpart.

“We play with dice to see who dies. I like that (my character) is lively. I get to blow bubbles and

walk around,” she said.

Dressed in pure white, Miska played the game with Death only to win and give the young poet and dancer a chance to live and learn to love life.

“She gave a very self-assured performance. The judges thought she was very poised, she understood her character, and she was very professional,” Sohre said.

Before her performance in Heidelberg, Miska admitted that she got a case of the nerves.

“I was really, really scared. But I got over it. Once I got on stage, it was fine,” she said. But backstage before her performances this weekend in Schweinfurt, she was “barely nervous.”

“There are a couple discretionary awards that don’t quite fit into the (standard) categories ... because we can’t always predict the excellence,” of performances beforehand, Sohre said.

The award given to Miska was one of those unpredicted excellent surprises.

“Heather Miska’s stellar performance may be directly attributed to her fellow cast members, whom, through their support, provided her the environment to become ‘Life’,” said play director, Derek Malaney.



Life (played by Heather Miska) and Death (played by Robert Miska) roll the dice to find the fate of the young lovers in the drama, “The Game.”

## Community members win DA arts and crafts awards

Story and photo by  
**SANDRA WILSON**  
*Bavarian News*

A cartoon ceramic giraffe, an oil painting of a European landscape, and a pastel blue and yellow afghan took home the prizes for Schweinfurt in the annual Department of the Army Arts and Crafts contest.

“They were excellent. I get to review everything before it gets pushed forward. Everything I saw was very good,” said Schweinfurt Crafts Studio Director David Haywood about this year’s art submissions.

Contestants could enter artwork as novice or accomplished in any of the eleven categories for a possible first, second or third place prize Army-wide. Two honorable mentions could be given as well. Three or more judges, professionally involved in the arts, were selected to narrow down the submissions to winning entries for each category.

Regina Sheptock, family member 630th Military Police Company, took second place in the accomplished oil-based painting category.

“As a professional artist, I chose the genre of European landscape. Must husband and I chose

this post here in Germany for that reason— he always wanted to go to Europe, and I always wanted to paint in Europe,” said Sheptock, explaining how the inspiration helped complete that particular painting in a month.

“I wanted to stay creative while my husband was (deployed), and I kind of turned to painting for therapy,” she said.

With her college degree in graphic and interactive communication, her day job consists of managing the digital training facility on Conn Barracks.

Another second place ribbon was conferred to Sgt. Robert Durbin, of the 2nd Battalion, 28th Infantry Regiment, for his entry in the accomplished fibers category. His afghan, patched with numerous pastels, served as a gift of remembrance for his wife and son while he was deployed with the 1st Battalion, 26th Infantry Regiment.

“I was trying to think of a way I could still comfort them even when I was not there to hold,” Durbin said. And that’s when he came up with the blanket idea. He worked on it at the Ledward Crafts Studio loom almost every day after work for a month until it was finished.

“It was a little peace of my heart I left behind

for my wife and my son,” he explained.

Cpt. Savannah Halleaux, of 9th Engineer Battalion, brought home a third place in novice ceramics for her giraffe entry.

“I had a pile of clay and a whole bunch of wacky, interesting glazes and just started building, and it turned into a giraffe,” she said.

Halleaux has had a love of art since she was a child when she started out with modeling clay. Even so, she had no intention of submitting the cartoon giraffe in a contest when she first began making it. When Haywood mentioned it to her, she decided to give it a shot.

“I thought it was too silly for the competition,” Halleaux said, explaining her surprise that the judges thought it worthy of an award.

Each Schweinfurt winner walked away with a money prize and special accolades for their works of art.

The Schweinfurt Crafts Studio is accepting submissions for the Department of the Army Digital Photography Contest with a deadline of Dec. 7. For more information, call DSN 354-6903, CIV 09721-96-6903.

Regina Sheptock takes a second place with her European landscape.





# Heroes earn honors for valor in fight

continued from Page 1

position in the observation post with Roller.

“Everyone was calm, and most of the injured were walking. We set up a hasty landing zone for the helicopters,” Newsom said. The QRF came under light fire during its first run, but air cover provided in part by Apaches attack helicopters created a lull.

“The enemy got really small for a little while,” Fortner said.

“Then Dave gets on the radio and says ‘Alex, we need you in here now’ and I knew he meant NOW,” Newsom said. The fighting was hard and heavy on the ground. “It was ridiculous,” he said.

Enemy machine gun fire peppered the helicopters as they attempted to evacuate the wounded. The Apaches took enough damage that one was forced to make an emergency landing before it could return to base at Naray, and another was grounded for repair.

“These are attack helicopters,” Newsom said. “Their main threat in normal world combat is guided missiles, and these guys were being torn apart by machine gun fire. That’s how much shooting was going on out there.”

**Evacuation**

Because of the heavy opposition, it took nearly three hours to get Alford evacuated.

“I didn’t comprehend at the time that everything I was hearing was not just the rotor blades on the helicopter. It was bullets,” Roller said, recalling being able to see dirt flying around the feet of Soldiers attempting to stabilize Alford as he was airlifted.

On the ground, the Troop lost radio contact with Bostick. Faulkenberry felt he knew where his commander was located, and took off on his own to locate the captain. It was too late for Bostick, but Faulkenberry, Newsom, and several others recovered Bostick’s body. Shortly thereafter, Faulkenberry was wounded. He is still recovering from his wounds.

Not 200 meters away from Bostick, Staff Sgt. William Fritsche, part of a sniper element scouting nearby, was killed.

“The enemy was closing in all around us, like a noose,” Newsom said.

Roller, from his position on the high ground, dropped mortars and artillery all around Meyer

and Newsom’s positions, attempting to cover them from the increasingly deadly battle.

“Dave was calling in bombs 300 meters from us. We’re not supposed to do that, but we were taking extreme measures,” Newsom said.

With the ground forces at less than 50 percent strength, enemy forces closing in around them, and their commander dead, the three platoon leaders had some serious choices to make.

“We didn’t try to be the highest-ranking guy. None of us fought to be in charge. We worked together,” Roller said.

After assessing the situation, they decided to make a tactical retreat—without Fritsche’s body.

The decision was difficult, and went against the very core of the Warrior Ethos every Soldier is taught. I will never accept defeat. I will never quit. I will never leave a fallen comrade.

“We decided it was more prudent to evacuate ... We could have kept sending people in small groups to get to Fritsche, but I honestly believe they would have continued to fall until there was no one left,” Roller said. Roller’s observation post had eyes on Fritsche’s location, and would stay in place both to cover the retreat and to keep secure the location of their fallen Soldier.

“Our decision was steeped in the tactics we’ve learned. Consolidation and reorganization. If you fly off the cuff in times like that, you will die,” Newsom added.

Running out of ammunition and water, with badly wounded Soldiers in tow, Meyer’s foot patrol began to move out of the line of fire, using Newsom’s trucks for cover.

Fighting intensified when the enemy realized Meyer and Newsom were pulling out. Roller believes they must have realized once the ground force made it past his observation position, there would be no chance of continuing the fight.

“I didn’t think anyone was going to survive down there. It was a relief to hear them talking on the radio,” Roller said.

Newsom and Meyer, their forces at less than 50 percent strength, waddled out of the fight.

“But the fight was not over,” Newsom said.

**Recovery**

That night, those same Soldiers who scraped their way out of the kill zone went back, at night, to attempt to recover Fritsche’s body.



Col. Charles Preysler, presented (from left) Capt. Alex Newsom, Staff Sgt. Robert Fortner, Capt. David Roller, and Capt. John Meyer with valor and merit awards for actions taken during a deadly battle in Afghanistan.

“Two of my four trucks broke down, so we went back in with the other two. I wasn’t wounded, but I was exhausted, and so were my guys, but we went back in, down that same road,” Newsom said.

Ultimately, B Troop ran out of time. Ordered to pull out by higher headquarters command, with dawn on its way and air cover pulling back, the Sky Soldiers had to fall back again. Fritsche was recovered by reinforcements.

“Every guy that was there has stories about

guys they saw do amazing things,” said Roller.

But ask any of them if they’re heroes, as their awards proclaim, and all will say “not me.”

“What would make us heroes? We had to work together, had to do our jobs together. We were a few guys on patrol,” Roller said. Newsom echoed him.

“We trained with these guys. We trained them for war. Everyone, down to the drivers, was a Soldier that day. Do I think they’re heroes? Absolutely I think they’re heroes,” he said.

# Local youth setting a Red Ribbon example

**Story and photo by**  
**EMILY ATHENS**  
*Bavarian News*

Many have read the warning labels on alcohol bottles, but does anyone really take it seriously?

**Second-graders Allison Medina (left) and Jayda Daniels tie red ribbons to the fence around Schweinfurt Elementary School.**



According to Dr. Catherine Manos, prevention coordinator for the Army Substance and Abuse Program, the number of DUIs are increasing, and binge drinking is on the rise.

Maybe it’s time adults start paying more attention to the content on the

bottle, and less attention to the content in the bottle.

**The right example**

Or better yet, maybe they should learn from the students of the U.S. Army Garrison Schweinfurt community which has been setting the right example to avoid not only alcohol, but other damaging substances.

Red Ribbon Week, a nationwide campaign, is a way for communities to unite and take a stand against substance abuse.

This year, local kids are taking that stand.

**Getting involved**

“This is the first year in a long time that the elementary school has been really involved,” Manos said.

To support Red Ribbon Week, students from Schweinfurt Elementary and Middle School participated in a

poster contest promoting the choice to live drug free, with prizes donated by Andrew’s Federal Credit Union for first, second, and third place winners.

**Sporting red**

Students displayed their red ribbon unity by decorating the fence outside the elementary school, ending the week with Red Spirit Day, where children were encouraged to sport red clothing and a red ribbon.

Red Ribbon Week also poses the perfect opportunity for ASAP to publicize its vision, especially to community students.

“Our purpose is to address the issues in the community relating to drugs and alcohol and in any way, provide information and improve the awareness to the community,” said Manos.

With prevention a main objective, Manos strived this year to focus more on the youth of the community in hopes of teaching them at a young age to avoid harmful substances.

To reach out to the children, the ASAP staff visited the schools and attended recreational events throughout the week.

**Something to remember**

“I want every child, especially at the elementary school, to have a memento from this occasion, something to remind them that drug use is not appropriate,” said Manos.

**The learning process**

She explained that having the children get involved in the Red Ribbon Week festivities puts in motion the vital learning process that equips the children with the skills needed to make right decisions.

# Students get involved, help teachers strategize for improvement

**Story and photo by**  
**MARK HEETER**  
*Schweinfurt CI Chief*

“Next slide.”

Eighth-grader Chantal Johnson tapped the screen in the Schweinfurt Middle School media center Oct. 10, advancing the slide show presentation about the school’s Terra Nova test results.

Her job at the continuous school progress staff development meeting was much more important than tapping screens and moving slides in a room full of teachers, parents and fellow students, though.

“Students bring to this process an opportunity to participate, to be involved and to understand something as simple as teachers are not just sitting around when they have a staff development day,” said Dr. George Carpenter, SMS principal.

“One of our greatest challenges is to get more students and more parents involved ... the

**“They’re listening to all of us, because they want our opinions as students so they know how to get to their class students.”**

**Anthony Tuccitto, student council member**

more we have, the better,” he said.

Johnson was one of five students who attended the meetings and contributed to the development of tactics, or essences, of addressing mathematics and reading comprehension deficits.

All the students used the word ‘help.’

“I’m not here just because I have nothing else to do. I’m here because I like to help with my school, I like to contribute and do good,”

said eighth-grader Jasmine Collins. “Whenever you come to these types of things, it makes me feel like I’m important.”

Pamela Rivera, who joined her mother, Alice Garcia, at the school improvement process meetings, saw her role as helping the adults “spread the word.”

“I am here because I like to help out with the school. And I like to learn what the teachers are talking about and what they are planning for us

to learn,” Rivera said.

“I understand what the teachers are saying and I can spread the word on what they’re saying to the other kids, so other kids can prepare,” she said.

“They’re listening to all of us, because they want our opinions as students so they know how to get to their class students,” said eighth-grader Anthony Tuccitto, a member of the student council.

“We are the way we are, and sometimes we learn and do get good grades but all the other times, when we don’t get good grades, maybe they can change the way of teaching,” Johnson said.

“I want to see if I can put an input on that and maybe help the teachers find a different way,” she said.

And sixth-grader Casey Naillon spent her day off just where she likes to be most. Helping teachers develop strategies was the logical place to be, she said. “Considering that I like going to school, and I like to learn,” Naillon said.



# Local Soldiers place in cross country

Story and photo by  
**KRISTIN BRADLEY**  
*Bavarian News*

The fickle weather of southern Germany was gracious Oct. 9, allowing more than 100 Soldiers from 20 units the opportunity to participate in the annual U.S. Forces Europe Unit-Level Combat Cross Country Championships at U.S. Army Garrison Hohenfels.

The air was chilly but dry and the sun unobstructed when the 110 runners dashed from the start line shortly after 11 a.m., heading into the wooded hills of Hohenfels.

Wearing their Army Combat Uniform and combat boots and loaded down with equipment, they wound their way through six kilometers of trails scattered with inclines before returning to the finish line.

“I was on the first hill when I realized what I’d gotten myself into,” said Spc. Stephen Watts from Bamberg’s Company B, 173<sup>rd</sup> Special Troops Battalion.

With a time of 31 minutes, 33 seconds, Watts clinched second place with only three seconds separating him from the first and third place finishers.

Pfc. Enock Nyaenya from Co. C, 173<sup>rd</sup> Brigade Support Bn. ran the course in 31:30, earning him first place.

Nyaenya said “the course was a good challenge with all the hills,” which are similar to those found in his native Kenya, where he began running at age 7.

Seth Vircks from Headquarters and Headquarters Co., 1<sup>st</sup> Battalion, 4<sup>th</sup> Infantry Regiment, placed third with a time of 31:36.

Captain Amanda Wilson, of HHC 173<sup>rd</sup> STB, won the women’s division with a 33:30 finish.

“After being in Iraq and Afghanistan, and because I’m Airborne, I came to this race in good shape,” she said.

Team scores were determined by adding the finishing place of a team’s top five runners.

Third place’s Vircks, along with teammates Sgt. Victor Diaz (4th place), Sgt. Lester Scott (6th place), Sgt. Kevin Sentieri (10th place), and Cpt. David Veney (12th place), as well as Maj. Sean Fisher and Spc. Robert Smith, formed the HHC, 1-4 Infantry team that won first place with a combined score of 35—far outreaching the second and third place teams from Bamberg that had scores of 73 and 93, respectively.

“This is a good event because it really serves as team sport,” said Fisher, who two weeks ago finished the Army 10 Miler in one hour and 17 minutes. “It reinforces that you have to pull your buddy along instead of

getting a good time for yourself.”

Nyaenya’s first place win helped his team from Co. C, 173<sup>rd</sup> BSB claim the second place team slot, though they said they are determined to do even better next year.

“We’re taking first place next year,” said Sgt. Eric Detrick, one of the second place team members.

“Most of us are pretty competitive,” said Nyaenya, adding that most of them made the drive from Bamberg because they enjoy running and thought it would be fun. They also are preparing for a 24-hour marathon in Bamberg next month, the “Running of the Herd” which commemorates the day the 173<sup>rd</sup> Airborne Brigade lost 48 Soldiers on Nov. 8, 1965, during Operation Hump in Vietnam.

“We should have done two laps this year [to prepare],” he said, promptly eliciting groans from his teammates. There seemed to be a consensus among most of the runners that this year’s course was more challenging than previous races.

Yet even with the increased difficulty, the majority of participants said they’ll return next year to once again test their endurance against the harrowing hills of Hohenfels.

*(The Installation Management Command-Europe Morale, Welfare and Recreation Division contributed to this article.)*



Hohenfels and Bamberg Soldiers competed in the U.S. Forces Europe Unit-Level Combat Cross Country Championships. The annual Europe-wide competition is held at Hohenfels each year to take advantage of the challenging wooded and hilly terrain in the area. Many runners agreed that this year’s six kilometer course was especially difficult.

James Robinson (# 25) tries to dodge defenders as he keeps his sights on the end zone. For their last game of the season Hohenfels played the Munich Rangers, a team of 14- to 18-year-old German boys who practice twice a week to play American football 10 to 12 times a season against other junior teams in Bavaria.



## Tigers play first German team at close of season

Story and photo by  
**KRISTIN BRADLEY**  
*Bavarian News*

The Hohenfels Tigers football game on Oct. 18 may have been the last of the season, but it was a first in many ways.

Their last game of the season was a non-conference game against the Munich Rangers, a German team of 14- to 18-year-olds.

The matchup was the first time Hohenfels has played a German team. In fact, it was the first time in recent memory any of the junior teams in Bavaria have played an American high school team in American football.

“This was the highlight of our season,” said Ed Lynch, Tigers head coach.

Peter Podmaniczky, Rangers head coach, said when all of the junior teams in Bavaria, which he estimated to be between 16 and 20, got an email about an opportunity to play an American team, he jumped at it.

“It’s always good for the kids, every game they can play,” he said.

Podmaniczky explained that most of their team growth comes through word of mouth.

“A nice game like this, where you get to play Americans and even get burgers [the Tigers presented the Rangers with hamburgers and drinks after the game], this will get them interested.”

Though not many Rangers fans made the two-and-a-half hour drive to see if the team’s impression that every American is born with a football in their hands was true, the players

were certainly not lacking in spirit, yelling to each other encouragements in English like “Let’s go defense!” and “Tackle him! Sack!”

The referees arranged through the Department of Defense Dependents Schools, two of them German and three American, got lots of practice throwing flags as the two relatively inexperienced teams chased each other up and down the field.

Both coaches said there was not much of a difference playing a team from another country.

The main difficulties came not from intercultural differences or language barriers, but from inexperienced teenage boys being, well, inexperienced teenage boys.

During one punt, a Ranger player signaled fair catch, only to be demolished by an over-eager Tiger.

The player got up, shrugged it off, and moved on—and the two growing teams continued to make mistakes together until the game ended with a tie score of 14-14.

“This was a nice pinnacle for us, a nice way to end the season,” said Lynch, speaking as much about the way the Tigers played as who they played.

Podmaniczky’s team had played most of its twelve games of the season between May and July, but was still maintaining their two day a week practice schedule, allowing them to play the Hohenfels game so late in the season.

As of now, no plans have been made for the Tigers 2009 season, though both coaches agreed they would welcome the chance for a re-match.

## VHS golf team wraps ‘08 season with tourney wins

*Special to the Bavarian News*

Vilseck High School athletes hit the links Aug. 25, kicking off the first day of golf practice.

The first week of practice had the players utilizing the VHS track and football field until money was secured to begin practicing at nearby Konigstein.

As Rose Barracks doesn’t have its own course, the high school athletes take a bus each day to Konigstein to practice on the German course.

“We lose a lot of practicing time on the bus, but I try to do housekeeping during that time—explain rules, give directions for the next tournament, etc.,” Coach Tracy Thornbrugh said.

Assisting Coach Thornbrugh was Steve Roberts (an Army sergeant first class), father of team member Jason Roberts.

“Roberts donated his time and expertise to the athletes and was invaluable with his experience,” said Thornbrugh.

After a short two-and-a-half weeks of practice in which students secured the Department of Defense Education Activity’s 10-practices requirement in order to participate in a sport, the athletes were finally able to compete.

“With the season being so short—only four tournaments before Europeans—the players really have to take advantage of all of the tournaments in order to qualify for Europeans,” explained Thornbrugh. “In golf, an athlete is required to compete in three of four tournaments in order to be considered for qualification. Then, he

or she must score an average that puts him/her in the top 12 for girls and top 32 for boys.

“It seems a little unfair that only 12 girls go to Europeans, but when you consider that there are usually four times more boys who play golf than girls, I guess the numbers work out,” she said.

But VHS is unique.

Its team is predominantly female - 8:5. Most of the teams they compete against, said Thornbrugh, consist of many boys and only a few females.

The 2008 VHS team members were as follows:

Tiffany Agee, Emily Barbaree, Katie Cooper, Colt Edwards, Shelby Hall, Stevi Hood, Victoria Kander, Daniel Lamp, Ariana Rael, Jason Roberts, Xavier Selders, Dominique Smith, and Erin Toohey.

DoDEA rules are also unique.

Instead of stroke play, DoDEA uses Stableford scoring, in which the goal is to score as many points as possible. Points are received for eagle, birdie, par, bogey and double bogey.

“Stableford helps inexperienced players not get quite so frustrated. In stroke play you have to keep hitting the ball until it gets in the hole. It could be 12 strokes later before you actually get it in the cup,” said Thornbrugh. “In Stableford, an athlete picks up after a double bogey if the ball hasn’t made it into the cup yet. And it makes play go faster.”

On Sept. 12 as the season neared its close, players traveled to Heidelberg to compete in tournament play.

Senior Stevi Hood placed first for the girls and won Longest Drive. Junior

Jason Roberts took Longest Drive for the boys. The girls team placed second in the team competition.

The following week, VHS hosted their tournament at Konigstein, where Hood placed second and Kander won Longest Drive for the girls. Roberts tied for third place for the boys.

The VHS girls squad took another second place finish in the girls competition.

The following week, the team traveled to Patch (Stuttgart) to compete. None of the team members placed.

The last tournament of the season was hosted by Bamberg Oct. 2. Hood and Kander tied for second and the girls won first place for the girls division.

Hood and Roberts qualified for Europeans, which took place at Wiesbaden Oct. 8-9. At the end of the first day, Hood was in third place with a score of 21. Roberts was 26th.

At the culmination of the two-day tournament, Hood finished 5th and Roberts 22nd. Hood also won a plaque for Longest Drive for the second year in a row.

**Scoring by tournament :**  
(Ex = didn’t compete)

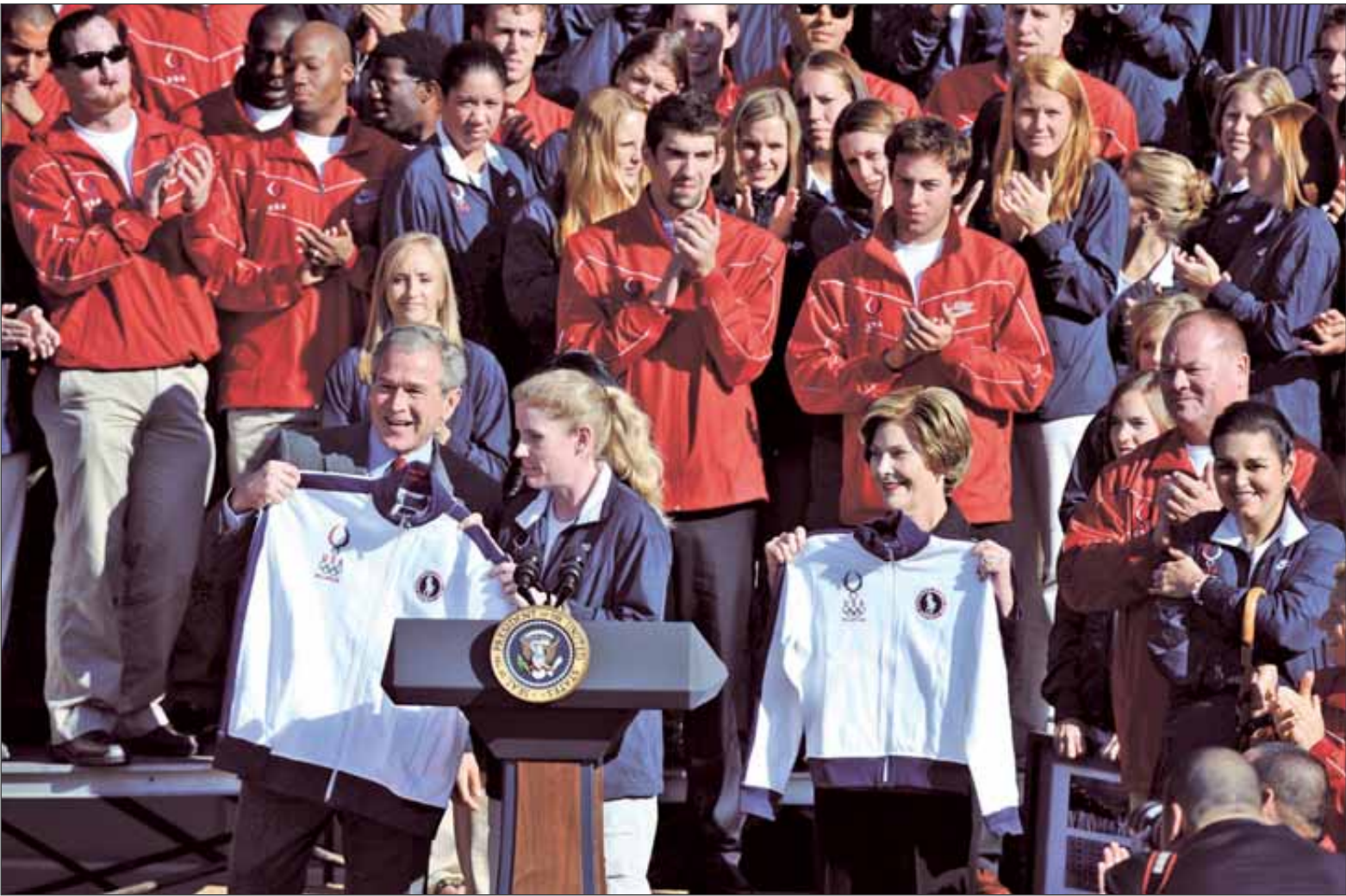
■ Boys Jason Roberts 19, 19, 19, 22 Europeans 15, 20 =35 Dominique Smith 13, 10, 10 Daniel Lamp 5, EX, 12, 10 Colt Edwards Ex, Ex, 1, 2 Xavier Selders 2, 3, 0, 0

■ Girls Stevi Hood 21,13,5,17 Europeans 21, 14 = 35 Victoria Kander 8, 6, 8, 17 Tiffany Agee Ex, Ex, 2, 5 Katie Cooper 2, 2, 2, 8 Erin Toohey 3, 0, 2, 0 Ariana Rael Ex 1, 1, 2 Emily Barbaree Ex, Ex, 0, 2 Shelby Hall Ex, Ex, 0, 3



Instead of stroke play, DoDEA uses Stableford scoring, in which the goal is to score as many points as possible. Points are received for eagle, birdie, par, bogey and double bogey. Without its own course, the VHS team travels daily to Konigstein for practice.





President Bush and first lady Laura display official Team USA Olympic jackets after being proclaimed honorary members of the team by 2008 U.S. Olympic and Paralympic athletes Oct. 7 on the south lawn of the White House.

Five-time Paralympic goalball player Jennifer Armbruster (center) made the presentation.

# Olympic Soldiers visit President Bush, first lady at White House

Story and photos by  
**TIM HIPPS**  
*FMWRC Public Affairs*

Ten Soldiers from the U.S. Army World Class Athlete Program and U.S. Army Marksmanship Unit visited the White House on Oct. 7.

They were among more than 500 members of the 2008 U.S. Olympic and Paralympic Teams who thanked President Bush and first lady Laura for their support of the Olympic movement throughout the Beijing Games.

The president, in turn, thanked the athletes for their inspirational performances.

"This is a special day for the White House," Bush said. "Laura and I are proud to welcome the greatest Olympic and Paralympic team ever assembled. And I bring greetings from the honorary captain of the Olympic teams, (former) President George H.W. Bush. We call him 41."

The Bushes were among more than 80 world dignitaries who attended the Opening Ceremony in Beijing. George W. Bush was the first U.S. president to attend Olympic Games outside of the United States while serving as commander in chief.

His father, the 41st president, also made history by occupying the chair of chef de mission of the U.S. Olympic Team, marking the first time the U.S. Olympic Committee has had an honorary chief of the mission.

"Attending the Beijing Olympics was one of the greatest experiences of our lifetime," Bush said. "Laura and I had a fantastic experience. We will never forget the first night at the Bird's Nest for the spectacular Opening Ceremony. When the Team USA was announced, there was a notable increase in the cheers.

"And then came the greatest sight of all when more than 500 of America's finest athletes (were) marching behind our flag. It was an incredible sight. I know it was a moment that all of our athletes looked forward to, and it's a moment that we are so honored to share with you."

Team USA won 110 medals, more than any nation during the Beijing Games, the largest in Olympic history. More than 100,000 athletes from around the world competed in more than 300 events in which 87 countries

won medals.

Along the way, 43 world records were broken as an estimated 4.7 billion television viewers watched from around the globe.

"I know the entire Olympic teams worked hard to get to this moment," Bush said. "Whether you won a medal or not really doesn't matter in the long run. What really matters is the honor you brought to your sports, and to your families, and to your country.

"We thank you for your lasting memories that you gave us all."

Bush elaborated on some of the memories he will cherish forever, such as "watching Jason Lezak touch out in the 4x100 (swimming) relay."

"Then watching the joy of his teammates, including Michael Phelps," Bush said. "People say, 'Did you ever get to meet Michael Phelps?' I say, 'I did.' 'Was that a highlight?' I say, 'No, really, meeting his mother was more of a highlight.'"

That line elicited a boisterous round of laughter that echoed onto the Washington Monument grounds and drew a big smile from Phelps, who stood behind Bush during the ceremony.

"I'm particularly pleased to be here with those who have worn the uniform of our country," Bush said. "On the American team were 16 men and women who served the nation in uniform, one of whom was Army Lieutenant Melissa Stockwell. She lost her leg while serving our country in Iraq.

"After four years of hard work and significant rehabilitation, she qualified as a [Paralympic] swimmer and her teammates elected her as the flag bearer for the closing ceremony," said Bush.

The U.S. Army World Class Athlete Program was represented by Team USA rifle coach Maj. Dave Johnson, Greco-Roman wrestler Staff Sgt. Dremiel Byers, rifle marksman Maj. Michael Anti and pistol shooter Staff Sgt. Keith Sanderson. Five other Soldiers hailed from the U.S. Army Marksmanship Unit at Fort Benning, Ga.: Sgts. 1st Class Jason Parker and Daryl Szarenski, and Spcs. Jeff Holguin, Walton Glenn Eller III and Vincent Hancock, along with Army Reserve Staff Sgt. Elizabeth "Libby" Callahan.

Eller and Hancock won gold medals in double trap and skeet shotgun

shooting.

With members of the President's Council on Physical Fitness and Sports on the south lawn, Bush urged people to make exercise a part of their daily regimen.

"There's no better time to remind our fellow citizens that physical fitness will lead to a healthy America," he said. "Look what's happening to the people surrounding me. So we urge our fellow citizens to take time out of your day to exercise. Not every one of you has to ride a mountain bike, but if you walk just 20 minutes a day, you'll help America and help yourself."

Bush said the Olympians made an indelible mark on both him and his wife.

"Long after we leave the White House, Laura and I will remember the extraordinary spirit and kindness of the athletes that we have met here at the White House and in Beijing," he said.

The Olympians thanked President and Mrs. Bush by making them honorary members of Team USA and presenting them with official team jackets, a framed photograph of the Opening Ceremony and an American flag that flew in China throughout both Games.

"I'm not easily excited," said Sanderson, who posted an Olympic record qualification score of 583 before finishing fifth in the 25-meter rapid-fire pistol event in Beijing. "But it was cool to see the president talk. It's kind of surreal. 'Hey, that's the

guy on TV, but he's right here in front of me.'"

Heavyweight wrestler Byers was more touched by the ceremony.

"I was honored to be here," Byers said. "I can't wait till I come back the next time. Only difference is next time I'm coming back with a medal around my neck."

Byers and Sanderson also took a tour of the White House.

"It was a quick tour, but it was an honor to be there," Byers said. "It's not something I've ever done. And to get to be around other athletes while we're doing it made it feel like we belonged there."

Byers wished more of his fellow Soldiers could cherish the experience.

"We're Soldiers first and we know that. We live that. And we keep that in mind," Byers said. "That's why you put your little personal feelings aside. I didn't achieve the medal I wanted, but still, somebody is over there doing my job for me right now.

"I carry that with me and I appreciate it. And being around these Paralympic athletes is humbling. Some of them were prior service and they lost a limb at war."

Team USA rifle coach Maj. David Johnson, a WCAP Soldier, has participated in three Olympic White House visits – once as an athlete and twice as a coach.

"This is a very important part of the whole Olympic process," Johnson said. "Representing the USA and then

bringing it all the way home to the White House and being honored with the president here and his wife, it's incredible. It really brings the Olympic movement full circle.

"I think it's great because it's a day where you truly see politics disappear. Everybody is red, white and blue, and you can see everybody is excited. It's a rare opportunity to come here to the White House.

"To me, it's very much an honor and a pleasure. It's team USA, all the way from the top down to the bottom up. I definitely want to keep coming back. I get charged up to come here, even as a coach, to watch. It's a lot of pride and a lot of fun to watch the athletes after so many hard years of work. It's just icing on the cake."

Especially so, Johnson said, with the Bush family's involvement.

"As an athlete in 1992, we were here at the White House and President Bush 41 and his wife stood for an hour and 45 minutes to take individual photos with the athletes," Johnson recalled. "And we were just so impressed. You could just tell that they were just full and parcel part of the Olympic movement.

"They believed in the athletes, believed in the sports, and it has continued through this day. To see them at the Olympic Games, to see them keep the politics out of it, and make the statements they did ahead of time that, 'Hey, the Olympics are not about politics,' was great. I think it's everything that the Olympics are."



Members of the 2008 U.S. Olympic and Paralympic Teams surround President Bush during a visit to the White House on Oct. 7 to thank the president and first lady Laura for their support of the Olympic movement.



# Experts eyeing effects of PTSD, combat, multiple deployments on Army children

Story and photo by  
**ELIZABETH M. COLLINS**  
*Army News Service*

Studies show that most military children are just as healthy and resilient as civilian children, but psychiatrists are concerned about their stress levels, said a mental health expert during the Association of the United States Army annual meeting last week.

Retired Col. Stephen J. Cozza, M.D., the associate director of the Center for the Study of Traumatic Stress and a professor at the Uniformed Services University School of Medicine's psychiatry department, told the audience at the third and final Family Forum that experts need to know more about how multiple deployments and changes like combat injuries, death and post-traumatic stress disorder affect

military children.

He pointed out that although several studies are currently being conducted, most of the existing research and data comes from Operation Desert Storm or earlier and civilian studies.

"Military deployments are changing and military deployments are different," said Cozza. "First deployments can be different than second deployments and third deployments, so as we're moving into increasing optempo...how do we better understand it?"

With each deployment comes increased stress, which he said can eventually become distracting and difficult to manage, both for children and their caregivers.

He pointed out that child maltreatment and neglect rates rise during deployments, so it's important that communities, leaders and support programs remain strong as well. And then there

is the stress families and children undergo when servicemembers return from deployment, which is also of particular concern, especially if the deployed parent suffered from injuries, or is experiencing PTSD or depression.

"We know that the health of military families and Soldiers are interconnected, Cozza said. "So if one is not doing well, it's likely that the other is going to be powerfully impacted by that. There isn't a whole lot of data in our military literature about the impact of psychiatric illnesses in parents, but we do know from the civilian literature that it can profoundly impact and impair children.

"It can disrupt parental roles. It can lead to child confusion and distortion about how they understand the changed behaviors they notice in parents, and it can also lead to increased risk behaviors, whether that has to do with domestic violence or substance misuse. PTSD itself is likely to be a significant and powerful impactor on relationships within families," he continued.

According to Cozza, the existing literature on military PTSD comes from Vietnam and shows that it had huge impacts on patients' spouses and children. In addition, civilian literature on serious injuries and traumatic brain injury also indicate behavioral changes and unique childhood experiences.

In one of the few recent studies, experts interviewed spouses of wounded Soldiers at Walter Reed and Brooke Army Medical Centers to examine the effect of combat injuries on families. It found families faced huge changes and challenges in separation, living arrangements, schedules, discipline, time devoted to children and parental concerns about the emotional impact on their children.

"Those experiences were profound ... We've coined this term: injury communication. The

question a lot of parents want to know is, 'What do we tell our kids? We don't really know how to talk to them about this. So how do we help find and give them the words that they need in order to better talk about it?'" Cozza said.

"Trauma is not an event," he added. "It's a process. It puts in place a whole confounding group of events," including Soldiers separating from the military and the resulting moves and school changes. And because families might move to civilian communities with little understanding of military trauma, Cozza said it should be a national concern.

He also mentioned that because many of the Soldiers with catastrophic injuries are young fathers with young children, they're often used to rough housing and playing sports with their children. Their injuries may even mean finding new ways to think about

parenting and playing with their children.

And if a parent is killed in action, children experience even more profound changes and loss, he said. They may also face additional upheavals in their lives such as moving, and are not only extremely vulnerable, but at increased risk for developing PTSD themselves.

"There are certain instances in which children are powerfully impacted or there are images that they have that are hard for them to get out of their head. It's difficult for them to move past the normal grieving process. They continue to be pathologically attached to that person who's died and have difficulties thinking about them, talking about them, without becoming tremendously distressed. We need to be thinking about whether that occurs in our community. We don't know whether it does or not. Certainly if children are demonstrating those symptoms, we want to make sure we get them help," Cozza said.

**We know that the health of military families and Soldiers are interconnected... So if one is not doing well, it's likely that the other is going to be powerfully impacted by that.**

(Ret) Col. Stephen J. Cozza, M.D.  
Center for the Study of Traumatic Stress



Retired Col. Stephen J. Cozza, M.D., talks about children of deployed Soldiers at the Association of the United States Army Annual Meeting, Oct. 8.

## Hohenfels planning new FMWR initiatives

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upcoming FMWR plans, SKIES classes are dependent upon the availability of instructors, though Downing says she is aggressively pursuing additional instructors, both on and off post.

Currently, only ballet is offered and the instructor is expected to leave the area soon.

Downing says she hopes to partner with the Chris Wittl music school in Parsberg to offer music classes.

Along with dance, music is one of the most requested SKIES programs, said Laurie Jackson, administration assistant for Child & Youth Services Liaison and Outreach Services.

Jackson said that parents also frequently request martial arts and gymnastics classes. Downing said martial arts are included in the defined program offerings and hopes to be able to offer it at Hohenfels.

### Input Needed

According to Bloomberg, these upcoming initiatives represent a renewed emphasis on FMWR and

single Soldier programming.

"The initiatives demonstrate the commitment of the Army and Installation Management Command to the Hohenfels community," he said, stressing that without IMCOM

funding none of these projects would be possible.

He also said that without community input, the ideas for the projects would never have been generated.

"All these improvements came from ideas in the community. The community needs to let us know when we're doing things wrong, and when we're doing things right," said Bloomberg.

Contacting facility directors or the FMWR director, utilizing the Interactive Customer Evaluation link on the Hohenfels Web page ([www.hohenfels.army.mil](http://www.hohenfels.army.mil)), and attending Town Hall Meetings are the best ways for community members to give their input on changes they would like to see, he said.

The next town hall meeting, held once per quarter, will be Nov. 4 at 4 p.m. in the CAC.

**All these improvements came from ideas in the community. The community needs to let us know when we're doing things wrong, and when we're doing things right.**

Lt. Col. Gary Bloomberg  
Commander USAG Hohenfels

## Anniversary honors achievements of women warriors, highlighting stories

by PHILIP JONES

*Office of the Chief of Public Affairs,  
Plans Division*

Beginning last week and through mid-November, the Army will honor the achievements of its women warriors as part of a three-week "Celebration of Women in the Army."

The commemoration coincides with the anniversary of the full integration of women into the Army 30 years ago with the disestablishment of the Women's Army Corps by former President Jimmy Carter Oct. 20.

"It's important that we remember the generations of women, whose dedication, commitment and quality of service helped open the doors of opportunity for us today," said Lt. Gen. Ann Dunwoody, deputy commander, Army Materiel Command, following her confirmation for four-star promotion.

"There are so many talented women in our Army today ... you would be impressed," she said.

Dunwoody received her commission in 1975 as a member of the WAC. On Nov. 14, she will become the first woman to achieve the rank of a four-star general in the U.S. military.

During the period from Oct. 20 through Nov. 14, the Army will be highlighting stories that celebrate and honor women warriors who have served throughout America's history.

Army Public Affairs has asked installations and organizations at all levels to tell the "Women in the Army" story during this period and

invites readers to share your stories online at the national level with [Army.mil](http://Army.mil).

(Send stories and photos to: [arnews@smc.army.mil](mailto:arnews@smc.army.mil) or [assignmentdesk@smc.army.mil](mailto:assignmentdesk@smc.army.mil))

From the American Revolution to the present Global War on Terrorism, women have served in an ever-increasing number of diverse roles in the U.S. Army.

Ever since Mary Ludwig Hays McCauley ("Molly Pitcher") replaced her husband when he collapsed at his cannon, women have continually proven that the narrow stereotype, limiting their choice of occupation, was wrong, said Col. Jon Dahms,

chief, OCPA Planning Support.

Throughout the U.S. Army's history, women warriors have demonstrated their patriotism and fighting spirit, Dahms said. He said that they have proven the heart of a warrior is not limited to one gender.

When freedom is threatened, he said women warriors are equal to any task...and when their country calls, they respond - not in gender-hyphenated roles - but as U.S. Army Soldiers.

"Our female Soldiers' patriotism, fighting spirit, and ability to reach across cultures strengthen our nation's presence around the world," Dahms said.



Sgt. Jennifer Peters, 186th Military Police Company, Iowa National Guard, provides security during military operations in urban terrain, or MOUT, as part of mobilization training.

U.S. Army photo